

**A prospectus of the water cure establishment at Malvern : under the professional management of James Wilson and James M. Gully.**

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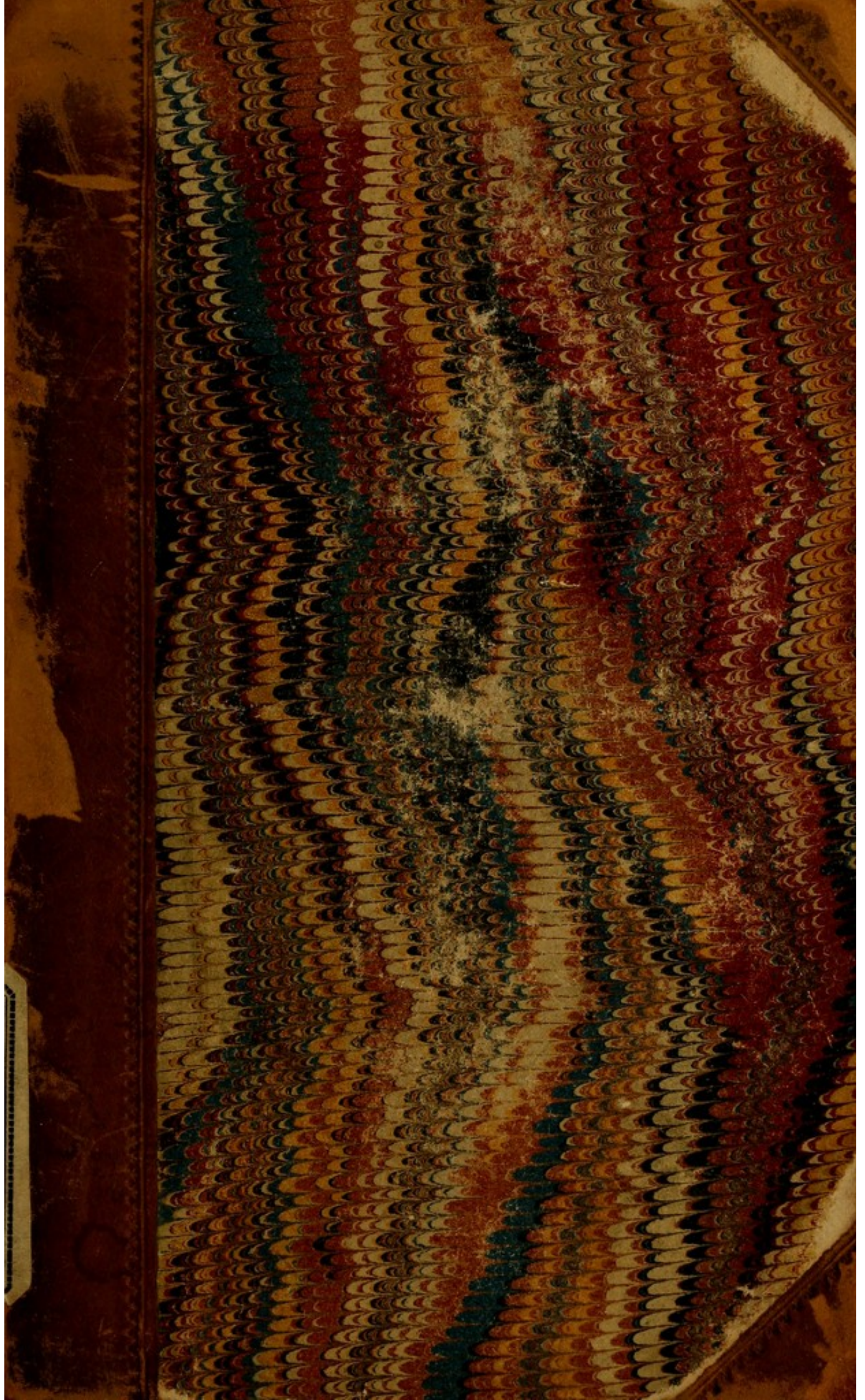
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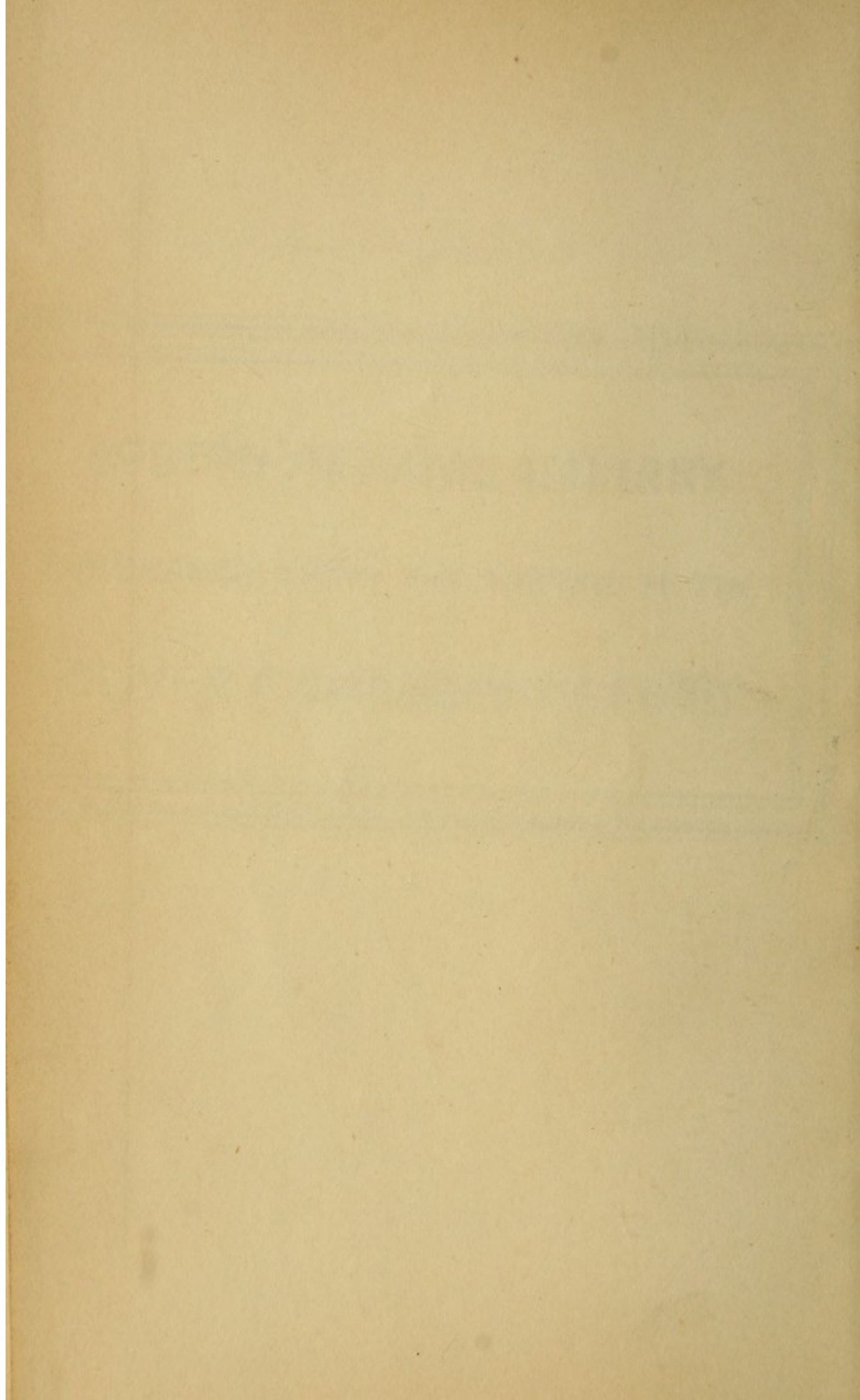
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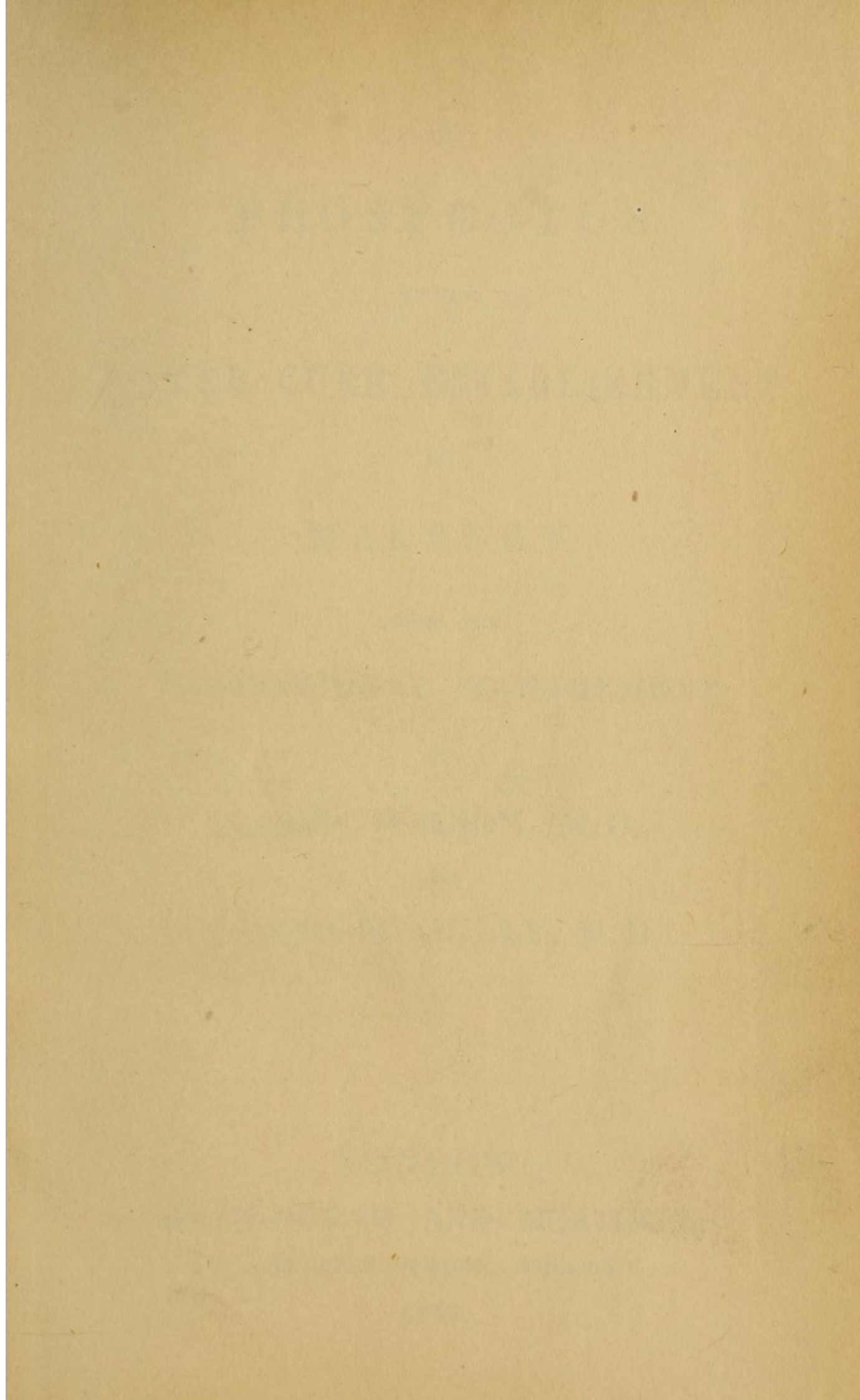
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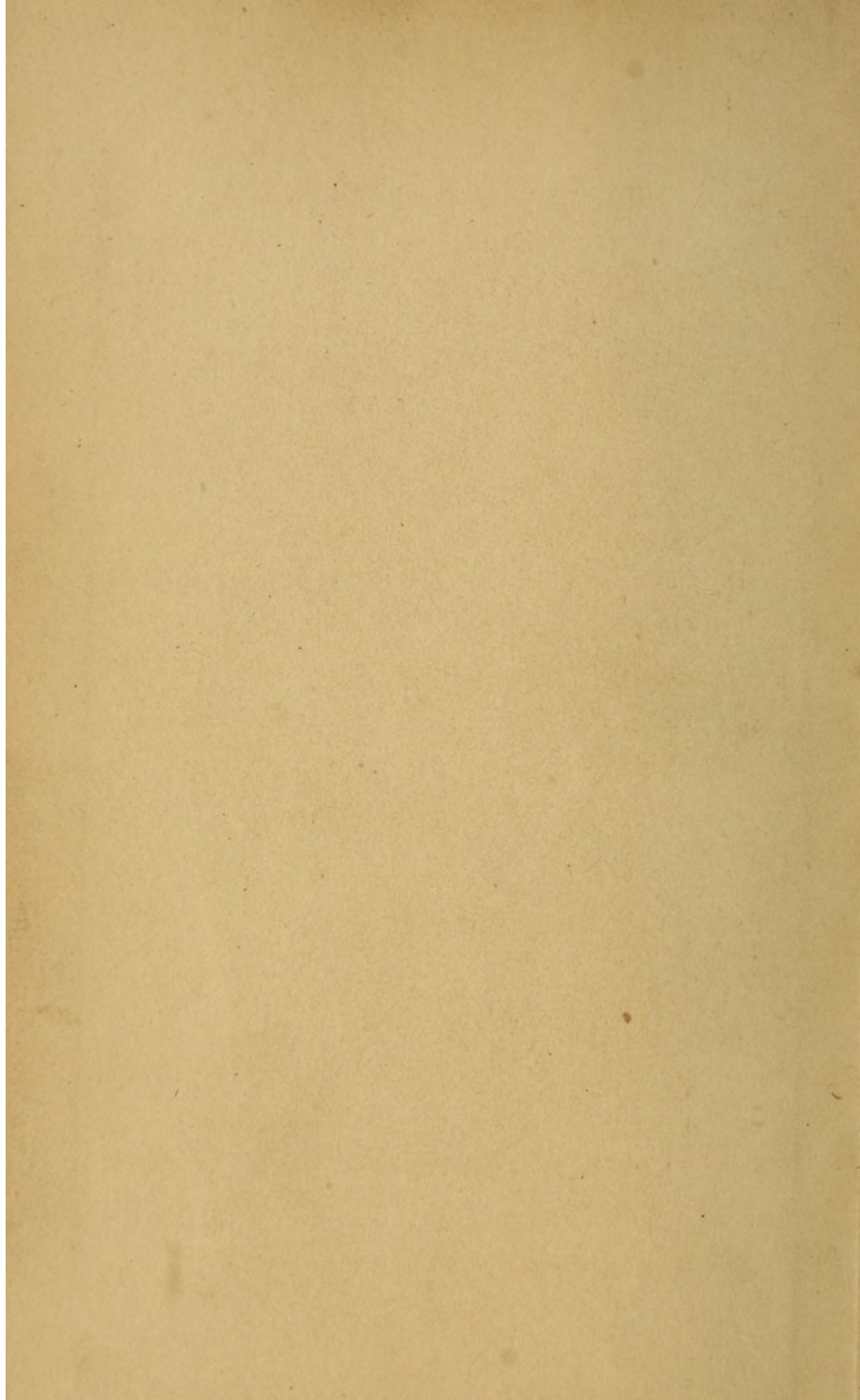
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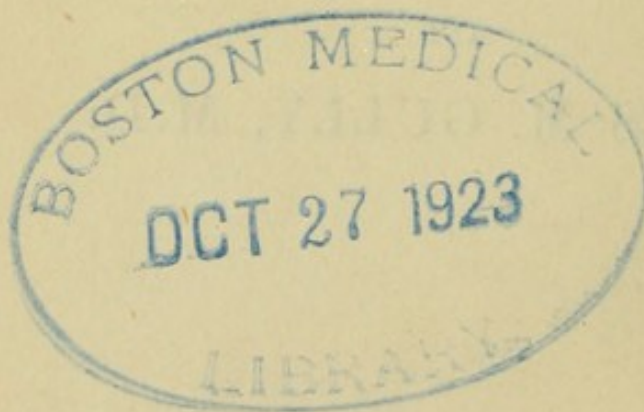
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TO THE MOST NOBLE

HENRY MARQUIS OF ANGLESEY, K.G. G.C.B.

&c. &c.

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MY LORD MARQUIS,

The high rank, the chivalrous character, and the undeviating urbanity of your Lordship, are ample reasons for the desire to dedicate a literary effort to one so distinguished in his country's annals. We therefore inscribe the following pages to your Lordship ; which it is the more appropriate to do, as, in your own person and under our professional superintendence, your Lordship has braved and escaped the multiplied dangers which are alleged to beset the treatment of disease by water, and the explanation of which forms the chief subject of this treatise.

We have the honour to be,

My Lord Marquis,

Your Lordship's very faithful servants,

THE AUTHORS.

TO THE RIGHT HONORABLE

THE SECRETARY OF STATE

WASHINGTON

My Lord

The high rank, the distinguished character, and the  
illustrious ancestry of your Lordship, are ample  
reasons for the desire to dedicate a literary effort to  
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With respectful regards to my

My Lord

Your Lordship's very obliged servant,

THE AUTHOR

## P R E F A C E.

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ABUNDANT reason for the publication of this volume will be found in its pages. When a novel plan of treating disease is unscrupulously denounced as dangerous by those who know it not,—do not even profess to know it,—either in theory or practice, it behoves those who, both in theory and practice, are acquainted with its superior efficacy, to undeceive the public by answering the objections that are brought against it. This we have endeavoured to do.

In the attempt, an exposition of the physiological principles upon which the Water Cure is based was inevitable. These will be found scattered throughout the answers to the individual objections urged against the practice we profess; but lest there should

be obscurity on this point, they have been placed in a consequent train in a series of propositions commencing with the definition of disease, and terminating with its cure. These propositions do themselves answer an objection, or rather a sneer, proceeding from our medical brethren, namely, that the Water Cure is not reducible to a scientific system. We ask whether the rationale of drug medication can be made to concord so completely with the ascertained phænomena of health and disease ?

Be it remarked, that in demolishing the assertions of medical men of the drug-school, we have chiefly used their own weapons. We have shown, on the authority of writers recognised by themselves as orthodox, the utter groundlessness of their assertions, and the utter ignorance which dictated them. We have quoted chapter and verse, and, in most instances, the words of those writers ; and it will be necessary to prove the latter to be worthless before the weight of our statements can be diminished by one tittle.

The same plan has been followed in making a comparison between the dangers of treatment by water and by drugs. We have allowed the practitioners of drug medication to state their own perils : their own pens write the condemnation of their practice quite as much as they answer the objections to ours. In

this portion of the work we have to acknowledge some extracts from the able book on the Water Cure by the Reverend Mr. ABDY.

As the refutation of opinions adverse to the Water Cure is of infinitely greater moment than that of reports inimical to ourselves personally, only a very small space has been devoted to the latter, the falsehood of which can be testified by every honourable person who has been under treatment at Malvern. For the rest, we must leave the settlement of the account with their own consciences, to those medical men who generated and industriously promulgated such reports. Perhaps they may take shelter under a perversion of PLATO'S boon to doctors; "*Mendacium medicis concedendum esse, aliis vero minime.*"\* If so, we wish them joy of the text, but cannot envy them the ready application of it, even though it has retained a few patients whom they might otherwise have lost.

In sundry places we have spoken without reserve of trading speculators who, because drugs are not in the case, imagine that water may be employed by Ignorance to serve the purposes of Cupidity. We have shown that the true dangers of the Water Cure are to be found in the practice of these non-professional speculators and their professional servants.

\* *Respublica*, lib. 3.

In doing this we have taken occasion to point out another egregious error, namely, the attempt to carry on a system of drug medication simultaneously with the treatment by water. This squaring of truth to the exigencies of prevailing prejudice,—this Macheath-like chanting, “How happy could I be with either,”—may serve certain purposes for a certain time; but as it will inevitably destroy any good to be derived from either plan of treatment, and is, moreover, replete with danger, (which, of course, will be laid to the water,) we think it right to warn those who are unlucky enough to be submitted to such contradictory practice. It is a trick of which the patient is to be the victim, and by which the practisers of such dangerous absurdity can alone profit. Parallel with this trick is another which we have been strenuously called upon to signalize as one which every properly regulated mind must view with feelings of disgust. A pamphlet, entitled “Hints on the Water Cure,” and professedly written by, and signed “A Clergyman,” has been distributed by thousands. A lady at Leamington, desirous to learn the name of the author, made the inquiry of the publishers, and was told that they knew of no “clergyman” in the matter, but that it was the property of some new bath proprietors! Disclaiming all participation in so disgraceful an imposture,

and all knowledge of its perpetrators, we join heartily with those who have urged us to the publication of it in the feeling of disgust which arises on the fact of the sacred calling of a clergyman being desecrated for purposes of deception, and by connexion with the tissue of falsehoods which forms the body of this pamphlet, the tone, style, and even grammar, of which point out the vulgar tradesman rather than the educated "clergyman." No wonder that Dr. JEPHSON, producing it at a large party, asked, "What is to be thought of men who use such indecent and dishonourable means as these?" No system, however good, can escape a taint from the contact of such unscrupulous traffickers.

It is therefore with the greater pleasure that we hail the accession to the principles and practice of the Water Cure, of such men as Mr. HERBERT MAYO, the senior surgeon of the Middlesex Hospital, Mr. COURTNEY, surgeon R. N., Dr. SMETHURST, Dr. JOHNSON, Sir CHARLES SCUDEMORE, and Dr. FREEMAN. To these we doubt not, (and we predicted it some time ago) will ere long be added some of the best names of scientific and practical medicine. Under similar auspices the system will be carried out as it ought to be, and they who by their trickified attempts to turn it to their own temporary account, are now marring its progress,



will find their occupation gone, and their power of doing mischief at an end.

On the whole our objects in publishing this examination of the dangers of the Water Cure have been to answer objections, to remove prejudices, to place the treatment on a scientific basis, and to denounce fraudulent and unqualified pretenders. The reader who, we trust, will give the book a fair and impartial perusal, after comparing all we have advanced with all he may have heard and himself imagined, must determine how far we have succeeded in these objects. Every day is adding to our practical experience of the truth of every word we have written.

J. WILSON.

J. M. GULLY.

Great Malvern,

July 1, 1843.

## P R E F A C E.

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WHEN the following brief recital of facts has been compared with the rumours industriously circulated about myself and the practice of the Water Cure at Malvern, I do not think that any candid person will say that it was altogether uncalled for. Twelve months have elapsed since I commenced the practice of the Water Cure at Malvern. During that period nearly six hundred patients have been under treatment; among whom many have been radically cured of complaints which, after being submitted to professional men in all parts of the kingdom, had been deemed beyond the reach of art. And although, as is well known, the majority of those who have come here for relief, presented cases of long standing and severe disease, NOT ONE DEATH HAS TAKEN PLACE, NOR A SINGLE DISAGREEABLE RESULT THAT

COULD IN ANY WAY BE ATTRIBUTED TO THE SYSTEM OF TREATMENT BY WATER.\*

When in the character of the first English medical practitioner who had visited Graefenberg, I published my *popular* treatise on the cure of diseases by water, I stood alone as its professional advocate in this country. All my medical friends, with one exception, ridiculed the attempt at its introduction which I was about to make, and laughed at the system as replete with folly and absurdity. I confess that all the firmness growing out of a strong

\* To give the reader a fair idea of the state in which many patients arrive at Malvern, I will mention the following as an example:—Admiral —— was induced to travel fifteen hundred miles to get here, by the urgent advice of General l'Estrange and Mr. Marsh. During the journey he was more than once laid up, and considered in a dying state. Passing through London, he consulted Dr. Holland, who candidly told him he could give him no hopes from any system or plan of treatment. He pushed on, however, and he was so reduced, and his symptoms so urgent when he reached Malvern, that the first thing he did was to give me letters to his relations, and directions for his funeral. He now walks about the hills, eats, sleeps, &c., as well as any one in the house, and has not a bad symptom.

Suppose this gentleman had died here even *before* he had commenced the cure. I will venture to say the hue and cry throughout the country would have been of no trifling nature.

conviction was necessary to enable me to brave the contumely and derision of the mass of my professional brethren. That conviction, however, I had in all its fulness : strengthened as it had been, not only by the length of time I had given to the study of the Water Cure, but by the long experience of its power in my own person in a tedious and complicated disorder, which gave way before it. Its curative results I had studied in above two thousand patients : and in myself I had ample opportunity for observing the details of the most notable and striking effects to be produced by it. After such experience it will be allowed that I had good grounds for the confidence with which I presented it to the British public.

Within a very few months after I had commenced an establishment for the Water Cure, *Malvern was found to be crowded with my patients.* This fact, and my having induced other medical men to take it up, caused a change in the nature of the attack upon the practice, which was now no longer “ a laughing matter ;” ridicule was laid aside for a time, and virulent abuse and misrepresentation took its place. These assumed a tangible shape in certain papers addressed by Dr. HASTINGS,\* (a physician living

\* About this time I heard that an attempt was made to get up a society “ to suppress the Water Cure, and drive the

at Worcester, eight miles from this place, and who looked upon Malvern as his own peculiar domain,) to the Provincial Medical and Surgical Journal. The motive which dictated these papers was not to be mistaken ; they were altogether unprovoked by me : they were characterised by a style of vulgar abuse, written in utter ignorance of the subjects in question, *and plentifully studded with flagrant errors in the statement of facts.* Much of this I had foreseen, and had predetermined to treat with the silent indifference which the sense of a strong cause begets. But as many of my friends and patients strongly urged on me the necessity of a reply to such unprovoked aspersions and misrepresentations, *with much reluctance* I consented to publish one—but one that should be effectual : trusting that Dr. HASTINGS might profit by examining himself in the mirror I held up to him.\* Since then I have been spared the pain of any similar personal rencontres.

water doctor out of Malvern ;” but in consequence of some jealousies and division in the camp, added to some *slight* suspicion that it was more particularly for Dr. Hastings’s benefit, the plan was frustrated. Will the candid reader now say that my letters were “too severe and uncalled for?”

\* See “Stomach Complaints and Drug Diseases ; with Letters to Dr. Hastings appended.” By J. Wilson, M. D.

As regards the attacks on the Water Cure itself, I believe I have good ground to complain of the unfair, unprofessional, and unscrupulous mode in which the majority of my medical brethren have treated its introduction into this country. And if my exposure of the errors and dangers of the drug treatment in the work just referred to, shall have caused soreness on their part, they have Dr. HASTINGS, and many other illiberal members of the profession, to thank for it.\* I have the greater right to complain as,

\* Out of the six hundred patients who have been under the Water Cure at Malvern, there was certainly not half a dozen who were not told by some medical practitioner or other, that to attempt it would be fatal to them. The following will serve as an illustration. A gentleman under our care, and labouring under a severe nervous complaint, called a few weeks ago on one of the leading doctors at Worcester, (not Dr. H. ;) he told the long history of his sufferings, and that "*drugs having done him no good,*" he thought of consulting the water doctors at Malvern. "*If you do,*" said the doctor, "*they will be sure to kill you ; the first chill of cold water will be certain death. Every drop of water will be a nail in your coffin.*" During the three weeks *preceding* this conversation, the patient had been *lying every morning in a wet sheet, and taking a variety of cold and tepid baths!* He is still going on with the Water Cure, and rapidly gaining health and strength.

What would you have me say to individuals who will condescend to such means as these, and who thus disclose their

from the first, it has been my anxious wish and endeavour to conduct the practice of the Water Cure with especial reference to the proprieties and approved usages of the profession. The Water Cure practice at this place has always been freely open to the observation of medical men, and their attention to it even courted: I consider myself fortunate in having had two surgeons and three physicians who have gone through the Water Cure under my care, men of known talent and long standing in the profession. They were personally unknown to me when they came here, and at liberty when they left to publish what they pleased for or against myself or the system. The following note, which came into my hands a few days ago, will show more plainly than anything I can say, that my medical brethren who have honoured me by coming here, were not badly treated.

“ Middlesex, June 3rd, 1843.

“ Dr. ——— presents his compliments to Mrs. Middleton, and, at the request of Mr. Middleton, begs to state that he was in Dr. Wilson’s establish-

ignorance, if not their want of integrity? I wish it to be observed, once for all, that it is to such and such alone any bitter truths in my stomach complaints and drug diseases are addressed.

ment, at Great Malvern, eleven weeks at the same time with his friend Dr. Adair Crawford, (a physician of considerable talent, reputation, and experience,) who strongly urged Dr. ——— to make trial of the Water treatment, after having carefully examined into its safety and good results in various cases at Malvern, and experienced its good effects in his own case. What Dr. ——— himself saw, fully confirmed his friend's favourable opinion, and he is bound in justice to say that in his own complaint, which was a very *formidable* one of rheumatic gout and deranged general health, the results were most satisfactory. While there he had an opportunity of observing its successful use in a very serious and protracted case of hip-joint disease in a young gentleman of strumous habit, which had resisted the usual treatment under the best surgeons in Edinburgh, and in which he certainly expected little could be done.\* This case was very decidedly improved, and promising a good result when Dr. D—— left Malvern, and he has every reason to believe is now fast recovering.

“ Dr. Wilson and his colleague Dr. Gully are professional gentlemen of education, talent, and experience, and he considers them both cautious and

\* The young gentleman is now walking about with crutches, and puts both feet equally and regularly to the ground.—J. W.



judicious in the application of this treatment to disease. Indeed, he did not observe any case in which its perfect *safety* could be questioned.

“ To the Hon. Mrs. Middleton.”

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If anything more were wanting to show the determination there existed to oppose, by any means, fair or foul, the introduction and progress of the Water Cure, it may be seen in the way I have been assailed personally, as its first and most strenuous medical advocate in this country. It was industriously circulated in all quarters that I was a German adventurer—a quack—an impostor, and *not a regularly educated practitioner*. This was “ *a weak invention of the enemy,*” for it so happens that in the matter of qualification by education, I can take higher ground than ninety-nine out of every hundred medical men in this country. I may say, that I have had the good fortune to enjoy a sound medical and surgical education, of a kind unusually good and extensive. It will appear in the following brief detail, and let any of my opponents say where the balance lies. I matriculated at Trinity College, and for more than three years attended the hospital practice of Drs. Graves, Stokes, and the surgeon-general, and all the necessary lectures. I was above twelve months at

the Liverpool Infirmary and Bartholomew's Hospital; I spent three academical years in Paris, under Baron Dupuytren, at the Hotel Dieu, and Baron Louis, at the hospital of La Pitié. Up to this time I had dissected six winters, and had taken notes of above three thousand post-mortem examinations at which I had assisted. Since that period I have spent seven years in a large and instructive private practice in London. My health failing, I went on the continent as physician to the late Right Hon. Lord Farnham; and afterwards, during four years, spent some time at the German universities, and studied the practice of the most eminent surgeons and physicians in most of the capital cities of Europe. *I have a medical degree, a surgeon's diploma, and for my knowledge of drugs, a license from the worshipful company.* All this, however, might still be a fallacious criterion of my ability to treat the sick with benefit. I am, therefore, content to rest my claims on the known success of my practice here, and on my opinions as they appear in a printed form.

I have another certificate, that might be called *the first Water Cure diploma*, which perhaps will be found as profitable to my patients and myself as those from more fashionable colleges. It is the following. When I had been a considerable time at Graefenberg, Preissnitz was asked by Prince Lich-

tenstein, and some other gentlemen, "What he thought of the English doctor?" He replied, "I have seen great numbers of these gentlemen here, but this is the one who understands *my* cure, and the only one I have seen who has given the practice of it fair attention and study." Captain Claridge, who came to Graefenberg some time after I had been there, and who has since done so much in directing public attention to the system, heard this frequently repeated. It has been a general remark amongst the uninitiated, that I was too enthusiastic in my praise of the Water Cure. I might retort that this arises from their own vague and limited knowledge of the physiology, diseased states, and restorative capabilities of the human body when judiciously acted upon by water and the other necessary adjuncts of the cure. Nor can individuals of this capacity yet perceive the "coming events casting their shadows before them," and the vast amelioration the Water Cure is destined to produce in the moral and physical suffering of, so called, civilized society.

I have alluded to one exception among my medical friends who did not abuse me, or indulge in a sneer at this new mode of treatment—that exception was Dr. Gully; I had predicted this from my knowledge of his physiological acuteness during seven years

close intimacy with him in private practice in London. As soon as my practice here became too great for me to attend to, he was desirous of joining me, which, be it remarked, he did, to the relinquishment of an excellent practice in London. Moreover, his works are a sufficient proof that it was from a philosophical conviction that he joined me in the practice of a more rational and efficient system. So late as the month of October last, the *Provincial Medical Journal*, naturally opposed to our system, bears testimony to my opinion in the following words :—

“ Such are the principles of which Dr. Gully boldly presents himself as the advocate ;—we say boldly, because it required no common degree of courage to appeal to nature from calomel and the ——— ; to the simple mode of treatment from the bleeding, purging, blistering method, complacently denominated ‘ active practice,’ by modern medicine-mongers. His book contains a number of judicious remarks on the state of the body in health and disease, and is replete with sound doctrines of practice which deserve greater attention, inasmuch as they are sadly overlooked by writers and teachers of the present day.”—*Provincial Medical and Surgical Journal*, October 8th, 1842.

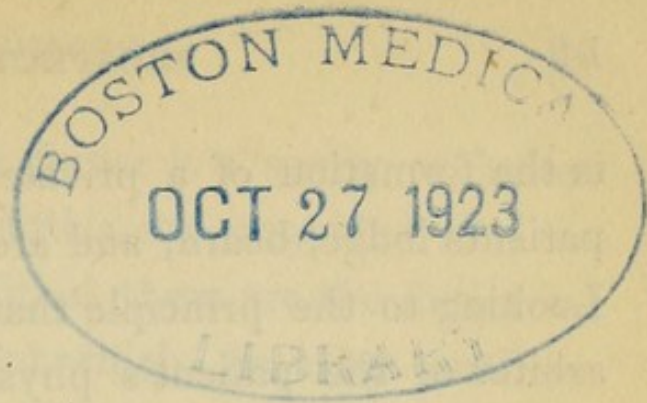
Moreover, like myself, neither his education, his tastes, or his circumstances, would allow him to adopt any plan of practice, which he could not reconcile to his convictions of its superior utility and

importance. Accordingly, Dr. Gully is my colleague in the practice of the Water Cure here.

Need I say with how much satisfaction we look back on what we have already been able to accomplish, and with what pleasing certainty we look forward to the period when the turmoil of novelty and innovation having subsided, the WATER CURE, no longer shadowed over and mystified by the dense clouds of interest, prejudice, and misrepresentation, shall be cultivated and known in all its perfection, and its benefits universally appreciated and practised by a liberal and enlightened profession.

JAMES WILSON.

Great Malvern, June, 1843.



## PROSPECTUS

OF THE

### WATER CURE ESTABLISHMENT AT MALVERN.

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A MODE of treating disease, so different from that in common usage as is the Water Cure, begets a necessity for the publication of certain details referring to the arrangements, economical and financial, for its practice. This is further urged upon us by the very numerous inquiries made by letter regarding these arrangements, and the growing encroachment on time which the replies we have to make involve. To such a publication we attach, as is usual, the name of "Prospectus."

The first feature in the practice of the Water Cure

is the formation of a private Institution, in which patients lodge, board, and are professionally treated. Looking to the principle that the physician is the arbiter of the patient's physical and mental treatment *in toto*, and that in the treatment in question hygienic means alone are employed, the advantages derivable from this plan are sufficiently obvious. To the patient it affords that sense of security at all hours, which residence under the same roof with his medical attendant cannot but engender; whilst it obviates the possibility of those so-called trivial, but really important aberrations in diet, time of sleep, &c., which so often mar the progress towards health. Add to this, that the patient lives without a single intrusion of the thousand nameless troubles which beset housekeeping even when best managed: as regards everything, save health, he has no occasion to have one thought for to-day, still less for to-morrow. The philosophical student and practitioner of disease, as it occurs in the thinking animal, man, is well aware of the vast advantage of placing the sufferer in a position of the most complete *insouciance* that is attainable.

. . . . . "Corpus onustum  
Animum quoque prægravat unà."

In most states of disease even the call to choose

what shall form to-day's dinner is a source of irritation : and all the petty duties are magnified into intolerable nuisances. Withal there are the duties incidental to the treatment which, be they small or great, the impatient or the lethargic mind of the sick man strives to evade, but which he would scarcely think of doing under the very roof of his medical attendant. In this manner, having nothing to think of, and nothing to do but attend to his health, and being in a manner forced to do this, the best possible chance is given him of recovering it. And that he does this with greater rapidity we have verified in many instances, in which, from the day the patient left his family and his house, the strides towards health have been trebled in speed. Were there no scientific reasons—and they are abundant—for the advantages of Institutions of this character, this fact, so soon discovered by those who are practically acquainted with their working, would arm us against the shallow and the envious sneers directed by some members of the medical profession against a plan which curtails the duration of disease. It might be supposed that it had never been acted upon by professional men. But when every one well knows that Sir ALEXANDER MORRISON, Dr. MONRO, Dr. MAYO, Dr. WARBURTON, Dr. SUTHERLAND, and others in London, not to mention many others scat-



tered over the provinces, maintain and derive their income from, private Institutions for the insane, we may demur to the opinion which stamps them as unprofessional, when the insane of body are implicated. Again, scarcely a newspaper is published that does not contain the advertisement of some physician or surgeon offering his house and skill to any invalid who may be inclined to try them : is this unprofessional or not ? Is it unprofessional or not to advertise for, and *take in*, the youths who, in consideration of a premium, are to be blessed with the enormous amount of instruction requisite for compounding some miserable pills and potions ? Is it unprofessional or not for a member of the Royal College of Surgeons to keep a shop, where, besides his own drugs, salad-oil, Lucifer matches, blacking, brass liquid, and *quack medicines*, are sold ? If such things be strictly professional, that is, compatible with the dignity of the medical profession, (and they are of every-day practice and notoriety,) it is truly stretching a prejudice to call an arrangement unprofessional which has the effect of bringing the physician in more close and constant contact with his patient, and which thereby gives him the opportunity of observing the action of his remedies more accurately, and modifying them in accordance with the uprising circumstances of his malady. The vul-

garity of soul which can call this unprofessional, yet countenance the ways and means we have just recited in our interrogatories, is at once ludicrous and lamentable. Away with similar absurdities and contradictions!

But unprofessional or not, the plan benefits patients; and, therefore, so far from abandoning it, we purpose ere long to extend it, by the erection of an Institution which shall be capable of holding from one hundred and fifty to two hundred patients, the site of which will be at Great or Little Malvern. But this establishment will in no way interfere with that which we already have, and which will be open to such as prefer to remain at Great Malvern itself.

As it is commonly asserted that the Water Cure is inapplicable to cases of acute disease, local inflammations, and fevers, it will be an object with us, at the earliest possible date, to set on foot the establishment of a small hospital for the reception of such cases from among the poor of the neighbourhood; in which we may be enabled to demonstrate practically the gratuitous character of this assertion, which for groundlessness may rank with the objections we have demolished in our work entitled "The Dangers of the Water Cure, and its Efficacy Examined." The reader of this work will find in its

pages abundant reasons for doubting a vast quantity of the observations he hears regarding the Water Cure.

Further to throw the light of Truth upon this important subject, involving as it does the abolition of error and the mitigation of human suffering, we are making arrangements for the periodical publication, in the form of a journal, of the details of the majority of cases which come under our cognizance and care. The pages of this journal will, of course, be open to the contributions of all whose object is the development of the principles and practice of the Water Cure.

In our work above alluded to, we have offered the rationale of what is found to be true in practice, namely, that chronic disease cannot be successfully treated by water, in towns. Much of the mischief that is likely to arise from ignorance of the principles of the Water Cure will, we venture to prophesy, be attributable to ignorance on this point especially. They who attempt to put it into practice amid the excitements and anxieties of towns are its worst enemies, and for one cure they may effect they will infallibly do injury in twenty instances to the constitutions of their patients. Firmly convinced of this fact, we have avoided the peril by the choice of Malvern, as the best adapted for the

successful employment of the water treatment against chronic disease. The adversaries of the Water Cure maintain that the fine air, the quietude of the country, and exercise in pleasant scenes, are the true agents in the cure of disease of this kind. Nor do we deny their immense importance, though, as we have elsewhere shown, they form only a part of the Water Cure, and are not efficient without the other parts. Be this as it may, Malvern stands pre-eminent in all England for water, air, scenery, and rural quietude. Some details on these points may be useful.

The village of Great Malvern is situated on the eastern side of the range of hills which take their name from it. The nature of the soil, which is exceedingly porous, as well as its position on the slope of hills reaching fourteen hundred feet in altitude, cause it to be especially remarkable for dryness ; so much so, that after a long continuance of heavy rain, the ground becomes dry in the course of two or three hours. Another topographical peculiarity, which greatly favours this, and effectually prevents dampness of atmosphere is, that the Malvern hills are a single range, with a plain on either side, and having no hills to back them. It is well known, that when the contrary to this prevails—when a series of mountains arise in depth as well as length—that

dampness is a usual concomitant ; whereas a single range being well exposed to the winds, favours the rapid evaporation of moisture. With this provision against one of the worst characteristics of the atmosphere—dampness,—the air of Malvern becomes one of the most congenial for the jaded frames of invalids. And, although the village is situated at a considerable altitude, and has an eastern aspect, the variations of the thermometer show a climate equally warm with that of London.

As regards the fitness of Malvern for an invalid, considered on the score of its position and scenery, one opinion only is expressed by those who have seen it. Dr. HASTINGS very emphatically and truly calls it, “England’s most beautiful village.” And beautiful it is both to look towards and to look from it. The magnificent plain of Worcestershire stretches eastward, like a garden ; towards the north-east the view reaches to the hills of Shropshire, and to the south-east to the Cotswold range in Gloucestershire : whilst within this range, the cities of Worcester and Gloucester, and the towns of Tewskbury and Cheltenham, are seen at the distance of twenty-five, twenty-two, sixteen, and eight miles respectively. The western side of the hills looks over the undulating face of Herefordshire, where the variation of character in the scenery, from that on the

Worcestershire side, affords the stimulus of change for which the invalid so commonly yearns. Add to these the internal scenic beauties of the village itself, with its flowers throughout the winter, and the predominance of evergreen plants, and a combination of advantages of position is presented that is rarely equalled, and never excelled in England.

But the celebrity of Malvern is mainly founded on the unequalled purity of its waters ; and this, indeed, is one of its principal recommendations as a spot for the treatment of chronic disease by water. This celebrity is of very old date ; and as the beneficial consequences of its use, in a variety of diseases, were never supposed to be possibly attributable to its purity, a mystic and holy character came, as is usual, to be attached to it : so unwilling is the mind of man to believe that great results can proceed from simple means. Thus the Malvern springs came to be called “ holy,” for the same reason that the Well of St. Winifred gave the name of Holywell to the place where it exists. In the addenda to CAMDEN’S *Britannia*, mention is made of the efficacy of Malvern water in the “ healing of eyes and other parts of the head,” as also “ for curing all scorbutic humours and external ulcers by bathing and drinking of the waters.” In a work by Dr. WALL, entitled “ *Experiments and Observations on the Malvern*

*Waters,*” a number of cases are cited wherein the curative powers of the same water are exemplified. These cases include suppuration and caries of joints, leprosy, scrofulous ophthalmia, and various other forms of scrofula, scorbutic eruptions, glandular obstructions, cancer, corroding ulcers of the throat and face, tumours and caries of the bones, disorders of the urinary passages, loss of appetite, and immoderate evacuations of women, cough and catarrhs, &c. &c. Dr. WALL further states, that one of the common methods of using the water is by “covering the parts with cloths dipped in the water, and moistened from time to time, as often as they grow dry.” And he adds; “Those who bathe for cutaneous foulnesses, usually go into the water with their linen on, and dress upon it wet. *This method, odd as it is, has never yet, that I have heard of, been attended with any ill consequences; though I have known it used by several very tender persons.*” Showing that some of our ancestors of a hundred years back had not the horror of cold water and wet linen which is now-a-days professed.

It is worthy of remark, that all the so called Holy Wells throughout the kingdom, after having received divine qualities from the ignorant, and after undergoing repeated analysis by chemists, in the vain hope of torturing out some mineral solution in

them to account for their virtues, are all reducible to the simple attribute of *purity*—purity from the very ingredients which form the attraction, and constitute the supposed virtues, of modern mineral springs. In this particular, it must be conceded that the wisdom of our ancestors exceeded ours: for they never dreamed of bestowing “*divine powers,*” and names on waters from which the *olfactories*, the *taste*, and the *stomach* of *man* and *beast* revolt. No mineral spring was ever yet thought worthy to be dubbed “*holy* :” on the contrary, other water seems to have been “*holier*” in its effects the less mineral matter it contained.

In this pure Malvern water then—the purest in England—the entire of our pharmacopœia is comprised; and its external and internal employment, varied according to the circumstances of disease, is pitted against the long and multifarious array of medicinal means. It is found gushing in numerous places from the sides of the mountains; and patients, as they take their morning walk in any direction, can enjoy at once the mountain air, the mountain water, and the splendid scenery which lays below them, whilst all around them glitters with the rays of the early sun. TASSO\* knew something of the

\* *Del Mondo Creato.* Giorno iii. stanza 8.



healthful and vivifying influence of such a combination when he wrote ;

“ O liquidi cristalli, onde s'estingua  
L'ardente sete a miseri mortali !  
Ma piu salubre e, se tra vive pietre  
Rompendo l'argentate et fredde cora  
Incontra il nuovo sol, che il puro argento  
Co' raggi indora.”

No wonder, that whilst the internal sources of a patient's torments are being subdued by the various processes of the Water Cure, he finds in these external circumstances an influence which aids in soothing the irritation or arousing from the languor which attend all forms of chronic disorder. No wonder that, from the conjoined action of all these, “ good digestion waits on appetite, and health on both,” and they eat who have been unable to do so for years. No wonder that the spirits rise under such a régime, and they learn to laugh, to whom a smile has long been stranger. Never did wine produce such true mirth as we have seen exhibited by our water-drinking patients at Malvern. Let one of them—a gentleman of high literary and scientific attainments—speak for this in a song written by him under the inspiration of the water of St. Ann's Well, and published by him in the Hereford Journal, 19th April, 1843.

## A NEW SONG

FOR THE

## MERRY WATER-DRINKER AT ST. ANNE'S WELL.

Up, on the hills! ye water-lovers!  
 Up, on the hills! 'mid the mountain air!  
 Up, on the hills, that the bright dew covers!  
 Up, on the hills! for health is there.  
 Raise the crystal cup on high,  
 Sparkling with the healthy wave;  
 Quaff, and drain the goblet dry,  
*Taste the med'cine Nature gave.*

Let the bards of modern times,  
 Wine-inspired, degenerate race,  
 Bacchus call to aid their rhymes,  
 Bacchus, with his purple face;  
 Ancient poets, not so daft,  
 Wandered o'er the sacred mountain,\*  
 Like the Muses, wisely quaffed,  
 Inspiration from the fountain.†

“Water's best!” we hail the word  
 As inspired Pindaric ‡ present;  
 “Water's best!” again we've heard  
 From inspir'd Silesian peasant,

\* Parnassos.

† Hippocréne, or Fountain of the Horse, viz. Pégasos, so called from Pége, a fountain.

‡ 'Αριστον μὲν ὕδωρ.—*Pind.*

“ Water’s best !” shout, shout ye then,  
 Water-drinkers ever fresh !  
 Health-crusaders ! once again  
 Cleanse, by deluging, the flesh.

“ Physic to the dogs we’ll throw,”  
 To the dogs with Port and Sherry ;  
 Water makes our spirits glow,  
 Ever brisk and ever merry.  
*Wine* obfuscates each idea—  
*Physic* makes our bodies shrink,—  
*Water*’s Nature’s panacea !  
*Water* be our only drink.

Let the mad-will’d epicure  
 Pile his food on groaning table,  
 Fill his glass with spirit pure,  
 Eat and drink as long as able.  
 Far from us such sensual riot,  
*Rife with slow yet sure self-slaughter !*  
*Here’s—“ AIR, EXERCISE, AND DIET !”*  
 In a bumper of COLD WATER !

Great Malvern, April, 1843.

Truly all this looks very much as if patients in the Water Cure were surrounded by the “ dangers” which physic-mongers conjure up ! Or else there is something marvellous in that treatment which enables them to look danger in the face, and even laugh at it ! But, dangerous or not, this same Malvern water, internally and externally applied, sends patients away in much better spirits than they came,

and we know of no "senna or purgative draught" that will do as much. Not that there be no grumblers in the camp, to whom sickness imparts the unenviable faculty of seeing only one side of a question, and that the dark side, and only one colour, and that a sickly yellow. There are certain reasonable persons, who, after employing themselves for ten, fifteen, or twenty years, in destroying their health with drinking, gormandizing, and physic, think it very hard if it be not perfectly restored in as many days, and, this miracle failing to be effected even by the Water Cure, retire in well-founded dudgeon, bestowing complimentary epithets on the treatment and the practitioners. Physicians, no matter what their practice, must expect instances of this kind: and they are only alluded to in this place in order to signalize the perversity of sickness, and sometimes the want of truthfulness and honour, and to justify our treatment from its unreasonable assailants. We have recorded an example of the kind in the Cases appended to our work on the "Dangers of the Water Cure."

One word on the season best adapted for the treatment of chronic disease by water. Unquestionably, the winter taken altogether is the most desirable: then it is that the processes are most effectual in rousing the system to those self-restorative

efforts on which, as we have elsewhere shown, the practice of the Water Cure is based. The superiority of winter, in this particular, is most marked and undeniable. Nor does the winter at Malvern render this so formidable as might be supposed from its lofty situation on the brow of the mountains, at an elevation of five hundred feet. A comparison between the mean temperatures in Malvern and London, shows that of Malvern to be only  $2^{\circ}$  below that of London; whilst in comparing the seasons, it is found that the spring and autumn are  $2^{\circ}$  warmer and the summer  $3\frac{1}{2}^{\circ}$  warmer in London; but that the temperature of winter, including the months of December, January, and February, is as mild in Malvern as in London. So that with an equally mild winter, we have a cooler summer; circumstances which are highly favourable for the purposes of the Water Cure; for, the cold of winter being sufficiently great for its full action, and on the whole preferable, the lower temperature of summer diminishes the objection founded on the want of reaction which attends extreme heat. It is, however, right to state that there are some cases for which, from the impossibility of taking active exercise, the summer season is preferable: but these are in the minority. For such the breeze that always blows on these hills, and the shade of evergreens that is to

be found in every direction, afford relief from the oppression that would otherwise accompany exposure to the noonday sun : for the hills shelter the village from that of the afternoon.

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It remains to give a statement of our professional charges. The *quiddam honorarium* is generally a delicate matter between doctor and patients ; yet it is one that must be considered, especially when a change is made in the mode of remuneration, as well as the mode of treatment. This last renders it necessary to make the professional charge a weekly one ; and this varies according to the following circumstances, and in the following proportions. To those who reside in the establishment the fee is *from four to five guineas per week* for each patient, which includes board, lodging, medical attendance, and baths. This, with a weekly payment of two shillings and sixpence to the bath-servant, includes all expenses whatever. When a patient prefers to be treated in lodgings, the weekly fee for medical attendance, and all the requisite baths, is *from two to three guineas* ; and the payment to the bath-servant four shillings—the office of this servant being to undertake all the prescribed processes. In either case, whether of residence in the establishment or in

lodgings, there is a fee of *two guineas* at the first consultation; the ground for which is the great quantity of time expended in the investigation of the previous history of the disease, and in the explanations necessarily attendant on a novel and misrepresented mode of treatment, and which, moreover, can borrow nothing of the mystery by which, in the old practice, all inquiries are answered, and all explanations stifled.

Such is the general undertaking with regard to professional remuneration. But there are cases in which the extremely pressing nature of the malady, and the anxious care necessary in watching it, authorize a deviation from it in the direction of increased charges. Of such cases, however, we are by no means ambitious, experience having taught us that nothing can compensate for the trouble and anxiety they bring, especially when it is considered that many eyes are on the *qui vive* to detect a single death among our patients, although patients under the old system unexpectedly fall around us *unnoticed, and as a matter of course*.\* It is perfectly reasonable

\* It will, perhaps, be hardly credited, when we state the fact that patients have been sent to us expressly *to die at Malvern*. There is one still going on with the treatment, who came here six months ago with a polite recommendation from a physician, who, we were authentically informed, had

that remuneration should run parallel with responsibility in the medical, as in other avocations.

On the other hand, when the treatment of a patient extends over a great length of time, and perseverance on his part, as well as watchfulness on ours, is demanded for a long period, a deviation is made in the direction of *decreased charges*; the patient reaping the benefit for his perseverance, and ourselves being compensated for diminished remuneration by the augmented chances of reputation afforded to us. This also is reasonable, and just to both parties; for it is absurd to suppose that the fees of an obedient and persevering patient are the only reward the physician obtains from the case. As numerous inquiries are made of us regarding the applicability of the Water Cure to individual cases, we may here state our willingness to answer all such, "without fee or reward," the inquirer only taking care to inclose an envelop having his address upon it.

J. W.

J. M. G.

given it as his opinion that the patient could not last above ten days or a fortnight under any circumstances.



## WORKS BY DR. GULLY.

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A SYSTEMATIC TREATISE on COMPARATIVE PHYSIOLOGY, introductory to the PHYSIOLOGY of MAN. Translated, with Notes, from the German of FREDERIC TIEDEMANN. 8vo. 12s. 1834.

We have no hesitation in saying that it is one of the most interesting volumes which we have ever perused. We recommend it to our readers in the most sincere and strenuous manner.—*Medico-Chirurgical Review*, October, 1835.

LECTURES on GENERAL PATHOLOGY and THERAPEUTICS. Translated, with Notes, from the French of F. J. V. BROUSSAIS. Published in the London Medical and Surgical Journal, 1835-36.

An EXPOSITION of the SYMPTOMS, ESSENTIAL NATURE, and TREATMENT of NEUROPATHY or NERVOUSNESS. 8vo. 1837. Second Edition, 1840.

This volume is written in a lucid style, exhibits a just view of the disorder, and deserves the perusal of every medical practitioner who wishes to make himself acquainted with this too common and troublesome complaint.—*Edinburgh Medical and Surgical Journal*, July, 1839.

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## THE DANGERS OF THE WATER CURE,

&c. &c.

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WHENEVER a novel mode of compassing an aim in any, no matter what, part of social existence is proposed in this country, it is first of all greeted with the laughter and the jest of those interested in the maintenance of the old mode. The analysis of this laughter is sufficiently curious. Ignorance is its parent, whose nakedness it, like a grateful child, seeks to clothe; Indolence and Arrogance assisting, meanwhile, in generating a warm atmosphere around the poor, meagre, shivering wretch. Anon, remarking how well the cloak covers his lean carcass from observation, and waxing bolder with the augmented temperature about him, Ignorance sparkles into the propagation of a jest; for

“Gentle Dulness ever loves a jest,”

and we are truly told by LA BRUYERE, “La moquerie

est une indigence d'esprit." Nevertheless, behold the poverty-stricken thing which for a time swindles our countrymen into a belief in his respectability and out of their common sense.

John Bull, however, maintains a vigilant police ; and in due time the swindler is detected, being confronted by *facts* which he cannot explain away. Throwing aside his cloak, therefore, he stands forth in all the unabashed nakedness of Dishonesty, and essays alternately what coaxing and bullying will effect for him, stopping at no meanness in the former, and at no falsehood in the latter. It is no longer a jest for him, but a serious question of social extinction.

Such has been the process with regard to the introduction of the Water cure into Great Britain. A few short months ago it was met by the laughter of the great and small among the medical profession. We remember well the cachinnatory explosions that followed the announcement that wet sheets were excellent in fever, so excellent as to preclude the necessity for drugs in that disease. There was no end to the smart things emitted and the guffaws which ensued upon them, when sitz-baths were mentioned as effective in constipated bowels. We have a distinct recollection of a little priggish surgeon-apothecary, who told us that if we continued to

talk in such strain, "we should convert his eyes into a shower bath, for he must laugh until he cried." And we can make affidavit to having been condemned to hear nearly a score of medical men exuberantly facetious in the perpetration of jests about "penance in a wet sheet." Useful thing to starveling wits, that wet sheet!

Again a little while, and people had read of a great number of *cases cured*, and not a few had tried sundry tumblers of cold water before breakfast, whereby many were the fees saved and numberless the draught vials which remained unfilled, unsold, all colourless. "Citius venit periculum cum contemnitur." The *jest* is past, the *danger* begins. "Where be your jibes now? your flashes of merriment that were wont to set the *surgery* in a roar? Not one now to mock your own grinning? quite chap-fallen?" Only for a time. The heads which erewhile teemed with facetiæ touching the Water cure are now seriously joined in deep-revolving conclave to devise the tactics offensive and defensive against the common enemy. But, as to combat a foe it is essential to know something about him, it occurs to them *for the first time* that it were perhaps as well to get a shadowy notion of what the Water cure is. In doing which they find that sometimes patients reeking with perspiration are washed in cold water; that they are folded in damp



sheets and then enveloped in blankets, so as to make a vapour-bath for themselves; and one or two other processes enjoined in certain circumstances, which are not in accordance with the received ideas of "warmth and comfort" prevalent among the masses who know nothing of the functions and capabilities of their own bodies.

At this point commences the dishonesty. For either the medical detractors of the Water cure comprehend its physiological action, and in that case they must know that, in competent hands, it is both an efficient and safe treatment; or they do not comprehend it, yet pass and disseminate an opinion upon it,—which is plain dishonesty. Granting that all, so far from erring in ignorance, are capable of theorizing on its probable results, it may very reasonably be asked whether the loudest, the most violent, and the most unscrupulous of its enemies has ever himself practised it or seen it practised? The question is the more reasonable, as these *quand même* opponents of all innovation are ever the most solemn sneerers at all "theory," and the greatest sticklers for what is purely "practical;" which means often, in truth, acting on no principles whatever. *We venture to assert, and challenge a contradiction, that not one of these has ever seen a case of any sort treated by water.* When such men, therefore, usurp a cathedral chair,

and with overbearing voice pronounce a practical opinion on that which they have never seen in practice, the common sense of the community will, sooner or later, hurl them from that chair with the very stigma of imposture which they seek to fix upon those who have the courage to abandon what they hold to be incorrect, and embrace what they know—*practically know*—to be an improvement. And we marvel that when opinions are thus pronounced, it does not occur to the audience to ask the very pertinent question, “whether they are founded on personal experience ?”

But supposing, for the sake of argument, that opinions inimical to the Water cure are grounded on *à priori* reasoning, we must ask why is this not openly, freely, and extensively promulgated ? The medical body constituting themselves, and being looked up to as, the protectors of the public health, are surely bound to give a reason to that public for the adoption of this or the avoidance of that mode of treatment, particularly when a revolution of practice is involved. Have they offered any such manifesto based on their physiological knowledge ? Has any one member of them done so ? Not one. Yet from one end of the land to the other all manner of vulgar assertions and monstrous reports have been recklessly scattered, and unscrupulously exaggerated, each medical prac-

tioner in each town and village holding it a sacred duty to prolong the "mad-dog" cry originating with the magnates of the metropolis. The appeal, in fact, has been to the *prejudices and fears* of the public. Give reasons, indeed! "No, not if they were plentiful as blackberries." Truth to tell, they are consistent in this; for when did a doctor ever give a reason to a patient for the practices he was enacting on his body? Easier far is it to utter a prejudiced opinion or concoct and give currency to a falsehood, to the timid laity; and if so, wherefore rummage for an argument, a reason—those scarce commodities in prejudiced brains?

In this manner opinions without reasons, and reports utterly devoid of truth, concerning the Water cure, have been industriously passed from mouth to mouth, gaining as they go in intensity of irrationality and enormity of falsehood. We speak advisedly in this, and purpose in these pages to deal both with the opinions and the reports. The former, be it remembered, are *not* founded on experience, and are therefore, we generously presume, the result of *à priori* physiological reasoning; awaiting the appearance of which, we propose to offer our reasons *per contra*. To the latter, in so far as they relate to our practice of the Water cure at Malvern, we shall give our indignant denial, leaving the *onus probandi* to,

and courting its publication by, their interested propagators.

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The first opinion confidently advanced is the very extensive one, "*that the Water cure is dangerous.*" It is one which may be made in the most profound ignorance of the subject; and, being offered for the most part to others in an equal state of mental darkness, it frequently passes without any of those inconvenient monosyllables, "how," "when," "why," that occasionally cause the brazen mask of impudence to fall from the stolid face of ignorance. Accordingly it constitutes the generalization of the mingled fear and hatred so vividly entertained by the coarsely educated portion of the medical profession against a system of treatment calculated to supersede that which long usage of the people enables them to practice with the smallest possible amount of medical knowledge. But poorly endowed already with the mental means of using their own drugs with scientific anticipation and artistical precision, this class of practitioners, which may be truly called the "*classe dangereuse,*" nevertheless continue to blunder on, now allaying by an opiate the excessive irritation they produce by a mercurial, again remedying by stimulants the exhaustion induced by emetics and bleed-

ings, and so on, until a *casual* is converted into a *permanent* patient, whose mind, confused and enfeebled with his body, is brought to look upon the ignoramus as a modern GALEN in medicinal resources. To the class in question it can scarcely be wondered that the Water cure should be a thing to be detested, and that the detestation should be concentrated in the shibboleth, "it is dangerous." Poor creatures! what more can they say about it? For the practice of it requires an amount of physiological and pathological acumen which to them is as a fairy dream, or any other imagination far, far beyond their power to realize. They have their creed imbibed in the surgery of their master. They believe that mercury is good in liver complaint, and is to be tried in all other complaints when all other remedies have failed; that purgatives are *always* demanded; that bleeding, opiates, and emetic sudorifics, are fit and appropriate for rheumatism; that colchicum defieth gout; that sal volatile, valerian, and sundry other ill-flavoured stuffs are requisite for hysterical women; that indigestion—that puzzling, Protean fiend—is to be combated pell-mell by all the above remedies, and as many more as the pharmacopœia can supply; and finally, that, *per fas et nefas*, physic must be prescribed. What more easy than such a vocabulary? The remedies are named opposite the diseases; nay more, there are remedies to counteract the evil effects

of other remedies—"Acts to amend acts passed" in the last prescription. Moreover, the remedies are known to themselves, unknown to their patients, whose queries, if any, are answered in an unknown tongue of technicality. The whole process, in short, is one of easy, jog-trot routine, whereby if the patient recovers, so,—he must take some tonics; if he dies, so,—he swallowed the pharmacopœia, and what can a man do more? Think you this tramroad of practice will be abandoned for *any* other which demands acuteness, consideration, and accurate calculation of the body's organic powers? Or think you that investigation will precede denunciation in men of this mental calibre? Lo! they do not *investigate* their own practice. Yet something must be said against this mighty innovation, the Water cure; and what so easily said or so readily believed by *their* patients, as "it is dangerous?"

Side by side with the above-named worthies we are most unwilling to place some of the men who, by their *fashionable* renown in London, are greeted as "the heads of the profession." Yet how is this to be avoided when we find them stooping from their altitude to the busy propagation of the self-same alarm, backed by an equal array of reasons and experience? Not only so, when we find them playing the part of "fuglemen" to the medical rank and file

in whatever is illiberal in statement and unphilosophical in judgment? Aware that

“ Quicquid delirant reges, plectuntur Aethivi,”

they use the power which chance or tact, and, in some instances, skill, has given them, not to forward the calm and judicious investigation of what is presented as an improvement, but to foster that spirit of blind reckless opposition which *will not* see the possibility of good in aught that is new, if the innovation be not within the range of their own remedial agents, or cannot be dovetailed into the craft. But so it has ever been. Who denounced HARVEY, the glorious discoverer of the circulation of the blood, as a “ quack,” for that very discovery, and contrived, by their united malignity and aspersions, to deprive him of his practice? Who first ridiculed vaccination, and then reviled and persecuted its discoverer, JENNER? Their confrères in the high places of fashion and the Physician’s College! And when in the last century LADY MARY MONTAGUE inoculated her own child with small-pox matter, in order to mitigate the severity of the disorder, what was the conduct of the “ heads of the profession” and in the consequences to herself? Let her biographer and descendant Lord WHARNCLIFFE speak on this point: “ Lady Mary protested that in the four or five years immediately succeeding her arrival at home, she sel-

dom passed a day without repenting of her patriotic undertaking; and she vowed she never would have attempted it, if she had foreseen the vexation, the persecution, and even the obloquy, it brought upon her. The clamour raised against the practice, and of course against her, were beyond belief. *The faculty all rose in arms to a man, foretelling failure and the most disastrous consequences*; the clergy descanted from their pulpits on the impiety of thus seeking to take events out of the hands of Providence; and the common people were taught to hoot at her as an unnatural mother, who had risked the lives of her own children. We now read in grave medical biography, that the discovery was instantly hailed, and the method adopted by the principal members of the profession. Very likely they left this recorded: for, whenever an invention or a project, and the same may be said of persons, has made its way so well by itself as to establish a certain reputation, most people are sure to find out that they always patronized it from the beginning, and a happy gift of forgetfulness enables many to believe their own assertion. But what said Lady Mary of the actual fact and time? Why, “*that the four great physicians deputed by government to watch the progress of her daughter’s inoculation, betrayed not only such incredulity as to its success, but such an UNWILLINGNESS TO HAVE IT*



SUCCEED, *such an evident spirit of rancour and malignity, that she never cared to leave the child alone with them one second, lest it should in some secret way suffer from their interference.*” So that it would appear that whilst the professional masses rose in arms, the *great* physicians of the day were open to the suspicion of tampering with a child’s safety, in order to back a prejudice against a treatment of which they had no experience, and which they denounced with all the virulence of unreasoned opinions and unfounded reports. Precisely the case of the *great* physicians—to which add some surgeons—of *this* day with reference to the Water cure! *great* by courtesy of language, but not great enough in fact of candour and magnanimity to be trusted with a patient in the crisis of the water treatment. More on this point hereafter. Meanwhile, what are we to think of the “danger” opinion emanating from such sources,—croaked by the vulgarian practitioners of drug medication, and awfully whispered at postprandial potations by the respectable—no, the fashionable—prescribers of the *fashionable drug of the day*? It may be thought that pecuniary interest dictates the opinion. It may be opined that wounded amour-propre at beholding the introduction by others of a system so far superior to their own, originated it. And there are two or three other hypotheses which present

themselves to account for the enunciation of so sweeping an opinion. But leaving the sifting of this delicate question for the present, or granting that portions of all possible motives are implicated, we still hold by one thing as certain; namely, that in their total ignorance of the Water cure, theoretically and practically, they had no resource but to appeal to the *fears* of the public, and that the cry of "danger" was therefore what naturally suggested itself as the most potent which could be got up.

Now we by no means gainsay the assumed fact that there is danger in the Water cure. If there were none, neither would there be any efficacy in it. But in compassion for the ignorance of our medical brethren who assume it, and in justice to the public who ought to receive an explanation with an assertion of the sort, *we ourselves* will endeavour to show in what the "danger" of the Water treatment consists.

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The most esteemed medical writers from the time of HIPPOCRATES downwards, agree in stating that remedial means, no matter of what kind, possess in themselves no power of directly changing a diseased condition into a healthy one. All that they can effect is to aid the efforts of the body to its own restoration. This position is maintained in the follow-

ing very precise terms by Dr. CRAIGIE, a living practitioner and writer of admitted and great celebrity. He says, "When healthy properties are impaired, we know no agent by which they can be directly restored: when vital action is perverted or deranged, we possess no means of immediately rectifying it, but must be satisfied with using those means under which it is most likely to rectify itself." \*

CANSTATT, a German writer, who published in 1841, a work of which the *British and Foreign Medical Review*, for April 1842, speaks "as containing an intelligent, though not entirely novel exposition of the general objects and principles of treatment in inflammation, and in some measure in all diseases," says, as quoted by the reviewer; "We seek to place the diseased organ and the organism on such a footing as shall enable their vegetative and conservative properties to operate as easily and efficiently as possible, to develop their powers, and compensate, by an act of self-reparation, for any disturbing or alterative influence of the morbid agent. It is not we or our measures that remove anomalous action. The art and the physician who accomplish this is the organism itself; all that we can effect is to liberate the normal action from any oppressing or obstructing cause, and afford it freedom of exertion." In the same article the reviewer himself says—"It is now

\* Elements of the Practice of Physic. Introduction, p. 26.

generally admitted that many of the seemingly violent phænomena of inflammation are not, strictly speaking, morbid movements, but consist, at least in part, simply of energetic endeavours of nature to rid itself of an injurious agent or influence.”

And it must be a familiar fact to many who have had occasional and slight indigestions, that twenty-four hours of starvation supersedes the necessity for any remedies. In this case, the disease to be removed being slight, the digestive organs relieve themselves, having been placed in a condition to do so by the mere removal of the causes—food and stimulants—which produced their disorder. But when from the continued operation of the causes—too often aided by the additional one of *drug medication*—the internal malady has acquired a certain amount of intensity or *fixedness*, one of two things happens : the internal organs make a violent effort to throw off their malady on the external organs, or externally opening organs, the skin, the bowels, the kidneys ; or, if this effort be interfered with, the morbid internal parts at length sink, their vitality is extinguished, and the patient dies, or their structure becomes changed, and organic, incurable disease is established.

Through what instrumentality is this effort made ? All evidence of facts goes to show that the nervous system, as the representative of the nutritive and

sentient faculties of the body, is the agent by which the effort is enacted.

On these well-recognised facts is based the theory and the practice of the Water cure. Internal disease existing, the natural efforts of the system to rid the vital parts of it, through the instrumentality of the nervous system, are seconded by the internal and external exhibition of water alone. But as Nature, when making such efforts unassisted, most commonly directs them towards the external surface of the body, the practice of the Water cure teaches, that the operations of Nature in this particular should be imitated; the rather, as it is abundantly found that when circumstances are applied which thwart this extrinsic effort, (and we shall mention some of these hereafter,) and tend to re-concentrate the disease upon the internal parts, mischief, often fatal, invariably follows. Instances of this extrinsic effort are seen in fevers, themselves the struggles of the frame to throw internal malady upon the external surface; in that most ordinary, and universally allowed, most perfect termination of fevers, sweating; in gout, wherein ever and anon as the vital parts accumulate disordered action, it is thrown, for safety's sake, on the toes and fingers; in rheumatism, where the same occurs on the large joints; in all eruptive complaints, whether acute or chronic; and in a number of other

diseases, all indicating this very safe and effectual mode taken by Nature to withdraw her strong holds of life from peril.

All the processes of the Water cure having in view to assist Nature in this her fight, we proceed,

1st. To measure the amount of internal disease to be removed, and the capabilities of the system to remove it : which is done by an accurate investigation of the previous history of the case, and the present condition of the body in general, and in the detail of its functions.

2nd. To withdraw all unnatural irritants from the inner organs, (improper food, alcoholic liquors of all kinds, and medicines of whatever sort,) and to substitute the natural stimulus of water at an appropriate temperature, and plain and appropriate food. And to withdraw likewise, as far as may be, the body from mental irritation.

3rd. To adopt the amount of external stimulation by water and sweating to the capabilities of the system. For this act a vast deal more medical observation and tact is required than is generally supposed. The idea that the whole of the various processes are employed indiscriminately, or in a routine manner, is altogether erroneous.

4th. To watch closely the efforts of the system, and modify the internal and external applications of

the treatment, according to circumstances which may arise.

Be it remembered, meanwhile, that, in all this, the fact that the entire nervous system is in active operation, tending to distribute the blood and its own energies more and more towards the surface, and thus relieve the congested and oppressed interior, is never to be lost sight of. Be it further remembered, that in thus arousing the *entire* nervous system to a general extrinsic effort, reference must always be had to those great centres of it—the brain and the nervous matter at the pit of the stomach,—and provision be made in the remedies, that these suffer not from over excitement.

With these succinct preliminaries touching the theory and practice of the Water cure, we are in condition to state, for the enlightenment of our medical brethren, as well as the non-medical reader, under what circumstances that mode of curing disease may become “dangerous.”

1st. The Water cure is “dangerous” when the amount and character of internal disease being investigated in a slovenly manner, when the temperament in general, and the functions in particular, being calculated with insufficient precision, the processes of the treatment are liable to be applied in a manner which may cause confusion in the internal vital

organs, by an attempt to rouse them too suddenly or, on the other hand, not vigorously enough.

2nd. The Water cure is "dangerous" when the efforts of the system, through the instrumentality of the nervous system, to throw disease from the internal organs, are interfered with by irritation of those organs in the shape of spiced and otherwise stimulating food, alcoholic liquors of any kind, and drugs of whatever sort.

3rd. The Water cure is "dangerous" when, during the efforts alluded to, mental distractions and irritations of business, or of the passions, are allowed to interfere. And it is "dangerous" in this and the last named case, because,

4th. The entire nervous system, in its state of extrinsic effort, being irritated and interfered with, is liable to have its great centres—the brain and the nervous collection about the stomach—more or less seriously affected by the re-concentration of blood and nervous energy within. In such case the harmonious operations of all the nerves towards the external surface is interrupted, and in the confusion caused by the means above mentioned, their central and largest collections are the most likely to suffer.

From all this it appears, that they who practise the Water cure require to be acquainted with the human frame in health and disease, just as they do



who follow any other mode of treatment.\* If ignorance does mischief, as it is always sure to do, it is both unjust and illogical to lay it on the Water cure. The "danger" is clearly not in the weapon, but in the wielder of it. Physicians are in the daily habit of prescribing the deadly poisons, prussic acid, arsenic, and corrosive sublimate, and, *they* say, with beneficial results; but should some ignoramus of their body, or some one devoid of a medical diploma as well as of all medical education, extinguish one or more lives by the administration of these poisons, what would they think of the fairness of those who should fix, not upon their remedies only, but upon themselves personally, the epithet "dangerous?" That persons in this country, without medical acquirements of any sort, think fit to set themselves up

\* " 'If this treatment (the water) be capable of general adoption,' was the observation of an English physician, who had left a very distressing complaint behind him at a water establishment in Germany, 'all that I have been learning is useless.' A little reflection would, I think, have led him to a different conclusion. His acquirements in anatomical and pathological science have lost nothing of their value; and the power his physiological knowledge has given him over the infirmities of our nature, still exists to soothe the sorrows of others and soften his own. He has but to change his instruments. He has the same work to do, and the same strength of hand to do it more effectually."—*Abdy on the Water cure*, p. 102.

as practisers of the Water cure, is a thing to be deplored and deprecated: but the art they profess is assuredly not liable for the mischief they perpetrate. It is for the public to make choice between the mere *trading speculator*, and the educated physician who attaches himself to a plan of treatment which, from the conviction of theory as well as practice, he believes to be the most efficacious of all. Were the medical body industrious and candid enough to study the Water cure, these men, with no professional rights whatever, would soon find themselves *hors de combat*; for it is not with the Water cure as with drugs:—there *cannot* be any secret “pill” or “drops” to supersede the employment of the educated practitioner. The time will come for this; the sneer, the ribaldry, and the calumny past, and the facts of cures by the water treatment still going on, doctors, *great* and small, will do as they did with HARVEY’S circulation, Lady MARY MONTAGUE’S small-pox inoculation, and JENNER’S vaccination—adopt it. Until then the public have to thank them for the “danger” which accompanies its practice by trading speculators.

In the next place it follows, from what has been premised, that when patients labouring under chronic disease come under the operation of the water treatment, it behoves them to leave behind them, as far

as it is possible so to do, the cares and anxieties of business, the excitements of factitious pleasure, the hurry, noise, and social tumult of towns, and, for the time, to give themselves up to the recovery of their health. Otherwise there is "danger" that the concentration upon the brain implied in these painful or pleasurable excitements, during the period of effort of the *entire* nervous system, should produce in that important organ changes and revulsions of circulation that are incompatible with the integrity of its function. Hence it is that men of business, or men of pleasure, will in vain seek *radical* cure of their ailments amid the scenes of their respective avocations. Hence also it will be time thrown away, or, worse than that, it will be a "dangerous" experiment, to attempt relief by the Water cure in towns. The attempt has been made more than once on the continent, and has signally failed, as we have seen; and is still more likely to fail in this commercial empire, where business is anxious drudgery, and pleasure is made an anxious business; and the brain, in both cases, is maintained in a state of ebullient activity, to the detriment of itself and of the rest of the nervous system. This emphatic remark is applied to *chronic* complaints which allow of change of abode. And if it be asked, how the objection is to be avoided in cases of *acute* disease? we answer that

it does not then exist. He who is prostrate on his bed with fever, or local inflammation of a grave kind, *cannot* undergo the excitement of the office or the opera, and kindly Nature, ever wishful to save the individual, *forces* him from the contemplation of balls as well as bales; from seeking speculation either in hogsheads of sugar or in the eyes of beauty. But it is in such cases of acute disease that the *astounding* power of the water treatment is most exhibited: where the efforts of the system to rid itself of disorder, to save its vital organs, are most wonderfully seconded by the processes of the Water cure. Upon this, however, we cannot dwell; but we assert loudly, that in acute disease there is *no danger*, direct or indirect, in that mode of treatment, save from the ignorance of those who may choose to practise it.

Again, it follows from what has been laid down, that in the event of any irritant being applied to the internal organs during their effort to cast off disease, "danger" may ensue. But we ask, how in the name of common sense can such danger be attached to the Water cure when its cause, the application of internal irritants, not only forms no part of that cure, but is diametrically opposed to its principles and practice? To cause a convergence of nervous excitement on the vital organs is to meddle with the divergence towards the whole exterior, which it is the object of the cure

to effect ; and, confusion following this interruption, the brain or nerves in the pit of the stomach are the first to suffer. If at *any* period of the water treatment,—before or during a crisis,—dietetic or medicinal irritants be administered internally, let the harm which follows be laid on the right shoulders, viz. on the prescriber of the irritants, who has amply shown how little he knows of the water treatment, or how willing he is to throw discredit upon it by foul practices. Thus it is industriously told by medical practitioners, who are prescribers of drugs, that instances of death during the crisis of boils which sometimes occurs in the water treatment, have taken place in this country. And in the Medical Gazette of the 16th of December, 1842, a Dr. SILVESTER gives a very slipshod account of one which came under his peculiar *care*. Passing over dates and all other circumstances of detail which scientific medicine is in the habit of demanding, the writer tells us that the patient had three large boils on his body, and many of smaller size scarcely deserving the name : that these appeared after pursuing the water treatment for one month on the Rhine : and that, although the patient was rendered feverish by them, the persons about him *there, who must have been in the habit of frequently seeing crises*, thought these boils subject for congratulation rather than commiseration ! (*Strange, that they*

who were in the daily habit of beholding this kind of crisis, produced and treated by water, should have no manner of fear of it, but laugh at and congratulate the patient!) However, the impatient patient, who up to this period had suffered only a little inconvenience and feverishness, resolved to return home with all his boils upon him. No wonder we are told that "he accomplished this with some difficulty." But arrived, and under Dr. SILVESTER'S care, surely all pain and feverishness ceased? Not at all: he rapidly got worse. Then we are doubtlessly informed what treatment Dr. SILVESTER pursued? Not at all; the only words that refer in the most remote manner to his treatment are these; "*Every effort was made to restore the debilitated constitution of the patient; but in vain.*" Few words! but quite sufficient to convey to our minds, who know a trifle about the minutiae of drug treatment, a long list of irritating stimulants applied to the internal organs "to restore the *debilitated* constitution." What mercury, what quinine, what opium and camphor, what ammonia, and what wine is there not implied in this restoration of "the *debilitated* constitution!" But this "blazon may not be" to the uninitiated. The object being to connect the death of the patient with the Water cure, "this deponent" dwelleth only on the boils and the fatal termination, and "saith

not” of the intervening treatment. Yet some suspicion seems to have crossed his mind, that something besides the water may have contributed to the fatal event: why else does he finish his bald record of the case with this significant query; “the patient sank a victim, *shall I say*, to the water-cure?”

NO! we answer, YOU SHALL NOT. Nor you, nor any other practiser of drug medication have the right to cast upon the Water cure the mischief which that medication inflicts upon the patient whose system is labouring to rid itself of internal disease. Had the patient remained where he was on the Rhine, avoided stimulants, and kept the boils constantly moistened with lint pledgets wetted with cold water, we should have beheld a very different termination of his case. But if, whilst the systematic efforts at relief are at their height, a patient thinks fit to undergo all the worry and turmoil of some four hundred miles travelling: and if at the end of his journey he is submitted to all manner of internal stimulation and irritation, under the plea of “restoring a *debilitated* constitution,” it strikes us that we have *at least* an equal, if not a better right to say, “the patient sank a victim, shall we say, to the *drug treatment*?”

After this plan there is no possible case treated by water which is not accompanied with danger. All

that is required being to bring the system into a certain stage of effort, and then—pass it over to one who shall treat it with stimulating diet and drugs. But as drug-treatment is not water treatment, we submit, that, when patients die under such circumstances, the former and not the latter is accountable. And, on the other hand, we maintain in the most positive and unqualified manner, that the Water cure practised with a knowledge and calculation of the powers of the body, and fairly carried out without interference of dietetic and drug irritants, is, from the first of its processes to the last, devoid of all danger, and only becomes “dangerous” when so interfered with. How comes it that the case above alluded to, the first and only one of the kind recorded in England, should have proved fatal when committed to a physician who prescribes drugs, whilst out of nearly eight thousand treated at Gräefenberg in the last ten years, and nearly five hundred treated at Malvern in the last seven months, many of them with extensive crises of boils, NOT ONE DEATH, NOR ONE ACCIDENT, has occurred during or after such crisis? The “danger,” again we say, is in the meddling of drug medication. With water treatment a crisis of *fifty* boils has *no danger whatever*, and the patient seldom loses a dinner or his usual exercise.

Lest it may be thought that we are overstating



the importance of avoiding internal medication, when Nature's efforts are all towards the exterior of the body, we will quote the following cases from the most learned book of the most learned medical writer of the day — Dr. COPLAND; a man whom we are proud to designate as our excellent friend, and whose private worth is only equalled by his public eminence. He says, at page 600, of his "*Dictionary of Practical Medicine*," under the head "*Disease:*" "A few facts which have fallen under my observation will serve to elucidate the subject. A medical friend had gout in the lower extremities, *for which he took a large dose of colchicum*, before the morbid secretions had been evacuated. *He almost instantly had a violent attack of the disease in his stomach*, with simultaneous disappearance of it from the original seat. In this case, the transfer from one place to the other was instantaneous: *the medium being evidently the nervous system*. Again; a middle-aged and not robust man had most severe rheumatism in the thighs and legs, *for which he took a large dose of croton oil*, which produced hypercatharsis (excessive purging,) and the complete cessation of the pains in the limbs, *followed* by the most distressing agony referrible to the heart, with palpitations, &c. *He was actively treated, but he died in a day or two.*" A volume of such cases as these might be collected with little trouble.

Now in these instances there was no Water treatment on which to shoulder the blame. Still they are instances of the danger of drugs when nature is casting her internal disease upon the external parts, as she does most notably in gout and rheumatism; and the Water cure only aids nature in this her self-conservative endeavour, which drug-treatment only mars.

How stands the general question of "danger" in the Water cure now? Are the members of the medical profession or others furnished with cases in which from the water treatment *and the water treatment alone* fatal terminations have resulted? For cases of this kind are the only ones which bear at all upon the opinion of "danger" they so extensively promulgate. If they have only such as we have above quoted to produce in practical evidence of their opinion, common sense people will be very apt to pronounce the evidence something more condemnatory of the drugs than the water, on the score of danger.

To sum up. When accurate investigation is made into the previous history of a case; when the physical capabilities of the individual are minutely calculated by a careful medical enquiry into the particular functions; when, as the treatment proceeds, the effects of each process on the restorative power of the constitution are watched with a nicety of medical obser-

vation which can only be attained by physiological and practical education ; we assert that no danger whatever attends the treatment of disease by the Water cure, and we challenge the medical fraternity to a discussion, as public as it can be made, of the whole subject, in its general character and in its minutest details.

When also, during the treatment by water, no interference with the natural restorative process of the body which the Water cure so powerfully calls into play, is made by the introduction into that body of stimulating food, stimulating liquids, and of drugs which are all irritating ; when in addition, a crisis of boils or any other eruptions on the surface being produced, no drug medication is applied to them, but simple water alone ; we assert that no danger whatever attends the treatment of disease by the Water cure, nor that particular result of it denominated a *crisis* ; and we challenge the medical fraternity to a discussion, as public as it can be made, of the whole subject of the comparative safety of the water and drug treatments, in their progress and their final consequences to the human constitution.

This is the only mode of settling the question of "danger" satisfactorily for the laical public ; and not by the self-sufficient enunciation by the medical public of an opinion which is not based on personal

experience, and for which they offer no theoretical reasons.

It might be imagined with great reasonableness that the medical gentlemen, who propagate the opinion in question regarding the Water cure, themselves practised a system free from all danger, and had unbounded faith in the invariable safety and efficacy of their own remedies. How far this is the case will be seen by the following extracts from works published by practitioners of drug medication, and by journals which are recognized as their organs, and which are bitter enough against the water treatment. These quotations are the more appropriate here as the "danger" of remedies implies their *inertness* and their *uncertainty* as well as their *violence*; and it will be found that according to *their own confessions* the practitioners alluded to employ remedies possessed of all these "dangerous" attributes.

Here is a passage from a review of the work of one of the *great* physicians of the day :

"It cannot be wondered at that even at this day, with all the advantages of clinical teachers, the practice of physic should be so singularly unscientific; and, that imperfect diagnosis, *excessive bleedings*, and the *extravagant administration of purgative medicines*, should be so characteristic of English medicine. With many practitioners every pain is an inflammation, every palpitation a disease of the heart, every form of difficult breathing an asthma or a dropsy; whilst a large proportion of

obscure diseases are ascribed on small grounds to some undefined state of the stomach. The *debility* attendant on fever is, we know, still not unfrequently *treated by tonics and stimulants*; and numerous organic diseases are decided as nervous and *exasperated by tonics from the mineral kingdom*. We speak of things which we daily witness, and the effect upon our minds is the growing up of a belief, to which every year adds strength, *that not a few invalids are annually destroyed by mal-practices, for which, if there is no moral excuse, there is unfortunately no legal punishment.*"\*

"Less slaughter, I am convinced, has been effected by the sword than by the lancet—that minute instrument of mighty mischief."

"Of the cases of mortality in the earlier months of our existence, no small proportion consists of those who have sunk under the *oppression of pharmaceutical filth*. More infantile subjects in this metropolis are, perhaps, *diurnally destroyed by the mortar and pestle*, than in the ancient Bethlehem fell victims in one day to the Herodian massacre."†

Writing subsequently, the same learned physician says, apropos to the above quotation :

"I plead guilty to the charge of rashness and hyperbole, which were brought against this remark when first published; but I wish that the years of experience and reflection, which have since intervened, had convinced me that the remark was destitute of foundation. When we contemplate a church-yard, the earth of which is composed, in a great measure, of the

\* British and Foreign Medical Review, April 1837, article on Dr. Latham's Clinical Medicine.

† Reid's Essays on Insanity, Hypochondriasis, &c., 1816.

bodies of infants, it is natural for us to fancy, but surely it is not reasonable for us to believe, that those beings were born for no other purpose than to die : or that it is within the design of nature that the pangs of production on the part of the mother should, on that of the offspring, be almost immediately succeeded by the struggle of dissolution. Fault must exist somewhere ; it cannot be in the providence of God ; it must therefore attach to the improvidence and indiscretion of man. Consequences as fatal originate from ignorance as from crime. Infanticide, when perpetrated under the impulse of maternal desperation, or in the agony of anticipated disgrace, is a subject of astonishment and horror ; but if a helpless victim be *drugged* to death, or *poisoned by the forced ingurgitation of nauseous and essentially noxious potions*, we lament the result merely, *without thinking about the means which inevitably led to its occurrence. Conscience feels little concern in cases of medicinal murder.* The too ordinary habit of jesting upon these subjects in convivial or familiar conversation has an unhappy tendency to harden the heart, and inclines us to regard with an inhuman levity those *dark and horrible catastrophes* which too frequently arise from professional ignorance or mistake.”

This is “speaking out” with a vengeance, as to the general fact of “danger” in medicines !

Here is a *morçeau* regarding a particular remedy in exceeding great favour any time during the last fifty years.

“We must acknowledge that the profession is highly indebted to those who have lately introduced the non-mercurial plan of treatment. We have been released from an *inveterate and deep-rooted error.*”\*

\* British and Foreign Medical Review, Jan. 1840.

“As an internal means of cure, *iodine*,\* is suggested; *but* then the author (CANSTATT on Special Pathology) sceptically surmises that this is a means *dangerous* to be had recourse to, since the *modus operandi* of iodine consists in *undermining the universal process of nutrition*. *It is not to be doubted that, in some measure, it does so*. Blood-letting, particularly when it can be brought to bear locally on the organ, *may* be useful; *but*, even in regard to it, the author is far from sanguine; since, if practised in moderation, *it is apt to prove fruitless*; if energetically employed, it is more likely to produce *anemia*, (bloodlessness,) *dropsy*, and debility, than to cure the hypertrophy (the enlargement.) He entertains the same opinion of purgatives. Attempts to arrest the hypertrophy of glandular organs, by augmenting their secretions, *may*, in some cases, do good; *but*, on the other hand, the excitement produced in the endeavour to stimulate the organ to more active exertion, *may* but help to argument and accelerate the hypertrophy,”†

Good news truly for those who suffer from enlargement of any organ of the body! What with “fruitlessness” here and “may” there and “buts” everywhere, reviewer, reviewed, and patients seem to fall incessantly on the horns of dilemmas.

The same Review, January 1838, thus gives a few

\* Priessnitz was so persuaded by long observation of the injurious effects of *Iodine* in destroying the reparative power of the constitution, that he told me he would in future refuse all cases where large quantities had been taken.—J. W.

† British and Foreign Medical Review. April 1842.

piquant words as uttered by Dr. BILLING, a physician of eminence in London ;—“ I visited the different schools, and the students of each hinted, if they did not assert, that the other sects killed their patients. I found that, provided the physician of each was a man of talent and experience, the mortality was fairly balanced.”

If there be such internecine work between the professors of drug medication, they who hold by the water-treatment can scarcely hope to escape the benevolent “ hints, if not assertions,” regarding their mode of committing manslaughter, whatever certainty they may have that the mortality will *not* be found to be fairly balanced.

Not a little of the “ danger” of drug medication is attributable to the uncertainty of the agents employed : a fact asserted and explained by sufficient authorities, as follows.

“ To make therapeutical experiments conclusive, we must have calm observers, not anxious to catch a little fleeting fame by magnifying the merits of a new compound ; and, as another preliminary, of small dignity but vast importance, we *must have authentic drugs*. Unless our information is very incorrect, *there are not many prescriptions faithfully prepared in the British dominions. We believe there is scarcely a medicine, however simple, which the chemist's art cannot imitate in cheap and base material.* There are many industrious “ commercial



gentlemen" in the chemical line, whose section of the business it is to supply the materials of adulteration to the brewer, the baker, and the retailer of drugs : and yet we eat and drink with indifference ; and physicians prescribe with calm satisfaction. We fear these evils will be proof even against the numerical method ; for so long as factitious drugs are given, there are no credible therapeutics to be counted, *and the medical treatment of diseases is overlaid with fallacies.*"\*

" M. Magendie narrates a lamentable occurrence which took place some years since in a Parisian Hospital. Our author's hydrocyanic syrup (syrup of prussic acid) is the only one commonly used ; but in the hospital, the hydrocyanic syrup of the codex is employed, which is very much stronger. Seven epileptic patients took, at the same time, about two drachms and six grains of the hydrocyanic acid of the codex, and in three quarters of an hour they were no more. The moral which our author draws from this frightful occurrence is, that every body ought to use his syrup ; whereas we would suggest that every doctor ought to be intimately acquainted with the codex."†

It may be objected that this happened in France, and that we have nothing to do with it. Nevertheless it bears directly on the point at issue, viz. the danger from the uncertainty of drug remedies. But here are the remarks of an English author on the uncertainty of an English narcotic preparation prescribed by the London College of Physicians. They

\* British and Foreign Medical Review, January, 1838.

† Medical Quarterly Review, vol. iv.

are extracted from DR. COLLIER'S *Translation of the New Pharmacopœia*.

“There is a bad practice in the retail trade, which is well worthy of the serious attention of the profession, and one which ought not to have been disregarded by the college, of selling various substitutes for this syrup (of poppies); one is prepared with laudanum and treacle; another with extract of poppies in syrup; and both made of inferior narcotic strength to the preceding. Now, let the dispensing chemist mark the consequence; numerous fatal cases have occurred, in which mothers, who had been in the habit of being supplied with the spurious syrup, have casually applied to houses, where the syrup is prepared by the college formula; and having administered a tea-spoonful of this last to their fretful children, or perhaps a second, just as they were wont to do with the weaker remedy, it has induced narcosis; and death has ensued in a few hours. The editor has himself attended inquests of this nature, and he appeals to the Coroners of London, whether a year elapses without similar occurrences. *The intention of the dispensing chemist in making a weaker article is praiseworthy; for, knowing that mothers habitually exhibit it to their children, he is afraid to sell them the stronger syrup. Thus the parent is deceived in her estimation of the dose, and the deception is fatal. These errors too are likely to occur among practitioners themselves; for, if they consult the popular works on pharmacy they will meet with evidence the most discrepant. By one popular author, an ounce of the syrup is stated to be equivalent to a grain of opium; by another, half-an-ounce; by another, three drachms; by another, two drachms.*”

### More uncertainties.

“There is a caution also which it is very necessary to impress upon the practitioner, respecting the power which some medicines possess of accumulating in the system. This is notorious with regard to lead and mercury, and probably with the preparations of arsenic and some other metallic compounds. Dr. Withering has observed that the repetition of small doses of Fox-glove, at short intervals, till it produces a sensible effect, is an unsafe practice, since a dangerous accumulation will frequently take place before any signals of forbearance present themselves. I have already alluded to the possibility of mercurial accumulation, and its development at a remote period. Constitutional peculiarities will sometimes render the operation of the mildest medicine poisonous. I have seen a general erysipelas follow the application of a blister: and tormina (severe griping) of the bowels, no less severe than those produced by the injection of arsenic, attend the operation of purgatives composed of senna!”\*

The question is how we are to know all these dangerous “peculiarities,” “probabilities,” and “possibilities,” before they have become sad realities. No such *chances* attach to the use of water as a remedial agent. In another part of the same work Dr. Paris, after remarking on the combination of “substances which possess properties essentially different, and directly opposed to each other,” which he stigmatizes as “an error of the *most serious de-*

\* Dr. Paris's Pharmacologia, p. 324, vol. i.

scription and unfortunately one of *too common occurrence*," gives the following fact and remark :

" I lately met with a country practitioner, who, upon being asked by a lady whom he attended, the intention of three different draughts which he had sent her, replied, that one would warm, the second cool her, and the third was calculated to moderate the too violent effects of either !"\*

" The file of every apothecary would furnish a volume of instances where the ingredients of the prescription are fighting together in the dark, or at least are so adverse to each other, as to constitute a most incongruous and chaotic mass." †

That the prescriber as well as the prescribed is oftentimes " in the dark," would seem to be too true according to the following evidence.

" We cannot reflect without astonishment," says the *British and Foreign Medical Review for October, 1836*, " on the common and capricious employment of alkalies, and of acids in medicine, so often prescribed with advantage, *where it would, we suspect, puzzle the practitioner exceedingly to account for his own success.*"

How far the " success" is worth the risk under such puzzling circumstances we leave the reader to judge : as also whether the practitioner with water can possibly appear in more doubtful and dangerous guise than his pharmaceutical brother. Perhaps, on

\* Vol. i. p. 286.

† Ibid. page 318.

the whole the conclusion we are about to quote is that at which he will arrive.

“ A considerable portion of the public are labouring under a prejudice which is daily gaining ground, namely, that the present system of polypharmacy (complicated drugging) is injurious more frequently than beneficial.”\*

Who shall gainsay so respectable an authority? Injurious though the polypharmacy be, it is persisted in; for which, no doubt, there is a motive of the highest order—a motive connected, in ultimate result, with the safety and well-being of the community, and defensive of all “ danger” to the public? Yet from the following extract from the *Medical Quarterly Review*, the middle classes at least do not appear to benefit from such a motive.

“ The middle classes can pay but middling prices; but if we wish Oxford Street and Tottenham Court Road to have the benefit of medical advice, without swallowing barrels of pills, and hogsheads of saline draughts, we must encourage a race of physicians who will take plebeian silver instead of patrician gold, and pocket a crown piece without blushing. Among the evils engendered by the junction of pharmacy and physic, with which the most uninstructed part of the public are familiar, is the superfluity of medicine (and very nasty medicine too) which is sent, swallowed(?) and paid for(?). These medicines, says Gray, must, in most cases, be made unpalatable,

\* *Medico-Chirurgical Review*, April, 1842.

lest the patient should conceive himself to be furnished with mere slops for the sake of a charge being made."

Nevertheless we are bound to look upon all this sort of practice as wholly devoid of "danger" to the patient! Shall we be so unreasonable as to conjecture that it might lead to recklessness on the part of the medical attendant, bent only on the sale of a certain amount of physic, to be made "unpalatable" for certain reasons, without reference to the stomach, bowels, or nerves of the "middle classes?" At all events, we may reasonably maintain that the treatment by water cannot be the subject of similar prejudicial and degrading influences.

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It were easy to glean from the pages of writers on drugs, and drug medication, abundant evidence of the "danger" arising from the violence and uncertainty of individual drugs. Allusion to a few has been made in the extract from Dr. Paris's work; and a fearful picture might be presented of the destructive effects on the constitution of courses of mercury, iodine, iron, colchicum, prussic acid, and creosote; a picture painted from the life, for several of the unlucky sufferers are at this present time under the water treatment at this place. With the stomach

transformed from the starting point of vivifying feelings into a focus of sensations that render life intolerable: with the general nervous system utterly shattered, altogether unable to respond naturally to natural stimuli: with the brain in a state of permanent congestion and sleeplessness: with the skin all over as sensitive as the eyeball: and with the mind emasculated, deprived of moral courage and almost of volition, in a state of hebetude, hypochondriacal anxiety, suicidal depression, or excessive irritability; —these victims of the treatment which is lauded for its superior *safety*, strange to say, have quitted their *safe* plan, after trials of it varying from four to twenty-four years, to seek, in the “dangerous” Water Cure, alleviation, not so much of their original maladies, as of the morbid condition into which these have been made to merge by the frightful amount of drugging practised on their systems. These constitute the most tedious and intractable cases submitted to us: every tissue of the body, every faculty of the mind, is in a state of almost hopeless disorder: instead of some of the rhythm of the functions which is found in most other diseases, in these complete confusion reigns, and sheer anarchy of the organs: the blood, meantime, charged with the accumulated poison of years, circulating among and depositing solids, which in this manner have gradually been

converted into concretes of medicinal absurdity, of pharmaceutical prejudice.

The instances of *mercurial disease* alone are sufficient to establish a strong case in favour of the "danger" of medicines. Disease so called, but taking on various forms, is recognized by a great number of medical writers; from whom it would appear that in many cases some of these forms were the result of small doses of the mineral, in the administration of which there appears to be the utmost uncertainty. We cannot in this place do more than give the names attached to the marked consequences of mercurial treatment by various writers. They are as follows;

1. Mercurial fever, or erethismus. (DIETERICH<sup>1</sup>.)  
(PEARSON.<sup>2</sup>)

2. *Excessive salivation*. (DIETERICH.<sup>3</sup>) As little as a grain of blue pill has been known to produce this.

3. *Mercurial diarrhœa*. (DIETERICH.)

4. *Mercurial urorrhœa*, or excessive secretion of urine. (SCHLICHTING.<sup>4</sup>)

<sup>1</sup> Die Merkurialkrankheit. Leipzig, 1837.

<sup>2</sup> Observations on the Effects of Various Articles of the Materia Medica, p. 131. London, 1800.

<sup>3</sup> Op. cit.

<sup>4</sup> Ephemerides. Nurembergæ, 1748. Tom. viii. obs. 8.



5. *Mercurial skin disease*, comprehending *eczema*, or *heat eruption*, (PEARSON,<sup>5</sup>) otherwise called *hydrargyria*, (ALLEY<sup>6</sup> and RAYER,<sup>7</sup>) or *mercurial leprosy*, (MORIARTY,<sup>8</sup>) or *mercurial disease*, (SCHREIBER<sup>9</sup> and MATHIAS<sup>1</sup>) or *mercurial exanthem*, (FRANK.<sup>2</sup>) Also *mercurial miliary eruption*. (FRANK and DIETERICH.<sup>3</sup>)

6. *Inflammation of the various parts of the eye*. (DIETERICH<sup>4</sup> and TRAVERS.<sup>5</sup>)

7. *Sloughing of the gums and throat*. (COLLES,<sup>6</sup> BACOT,<sup>7</sup> and ASTLEY COOPER.<sup>8</sup>)

8. *Enlargement of most of the glands of the body*. (DIETERICH.<sup>9</sup>)

<sup>5</sup> Op. cit. cap. 13.

<sup>6</sup> On the Hydrargyria. London, 1810.

<sup>7</sup> Traité des Maladies de la Peau. Vol. i. p. 272.

<sup>8</sup> A description of mercurial lepra. 8vo. 1804.

<sup>9</sup> De morbo mercuriali. Erf., 1792.

<sup>1</sup> On the mercurial Disease. 8vo. 1811.

<sup>2</sup> Acta clinica, vol. iii. p. 22, and Praxeos Medicin. Univ. Præcep., pars. i. vol. ii. p. 177.

<sup>3</sup> Opera cit.

<sup>4</sup> Opera cit.

<sup>5</sup> Surgical Essays, vol. i. p. 59.

<sup>6</sup> Practical Observations, &c. p. 45.

<sup>7</sup> Medical Gazette, iii. p. 312.

<sup>8</sup> Lectures on Surgery, in Lancet, iv. p. 43.

<sup>9</sup> Op. cit.

9. *Mercurial wasting*. (Described by TRAVERS,<sup>1</sup> as known “by irritable circulation, extreme pallor and emaciation, an acute and rapid hectic, and an *almost invariable termination in pulmonary consumption.*”)

10. *Dropsy*. (ASTLEY COOPER.<sup>2</sup>)

This enumeration may stand *exempli gratiá* of some of the “dangerous” results of a drug which is considered a *sheet anchor* of medical practice!

We shall close this part of the subject by an extract from the work of the most esteemed medical writer of the day. It refers to another *sheet anchor* of the ordinary treatment of disease,—blood-letting.

“Every observing practitioner must often have noticed, that a large depletion, when carried to fainting, will have entirely removed the symptoms of acute inflammation, when the patient has recovered consciousness; and that he expresses the utmost relief. But it generally happens that the inordinate depression is followed by an equally excessive degree of vascular reaction, with which all the symptoms of inflammation return; and the general reaction is ascribed entirely, but erroneously, to the return of the inflammation, instead of the latter being imputed to the former, which has rekindled or exasperated it, when beginning to subside. The consequence is, that another very large depletion is again prescribed for its removal; and the patient, recollecting the relief it temporarily brought him,

<sup>1</sup> Further inquiry concerning constitutional irritation. p. 87.

<sup>2</sup> Lancet, April 3rd, 1824.

readily consents. Blood is taken to full fainting—again relief is felt—again reaction returns—and again the local symptoms are reproduced; and thus large depletion, full fainting, reaction, and *the supervention on the original malady* of some or all of the phenomena described above, (sickness, cold sweat, failing pulse, convulsions, &c. &c.,) as the consequence of excessive loss of blood, are brought before the practitioner, and he is astonished at the obstinacy, course, and termination of the disease; which, under such circumstances, generally ends in dropsical effusion in the cavity in which the affected organ is lodged; or in convulsions, or in delirium running into stupor; or in death, either from exhaustion or from one of the foregoing states; or, more fortunately, in partial subsidence of the original malady, and protracted convalescence. *Such are the consequences which but too often result—which I have seen on numerous occasions to result, when blood-letting has been looked upon as the only or chief means of cure—the “sheet anchor” of treatment, as it too frequently has been called and considered during the last twenty years.”\**

In confirmation of the above views, we heard a short time ago from a near relative of a noble lady, that, being seized with inflammation of the lungs, she was bled by the advice of the *first*—at least the most fashionable—physician of the day, four days consecutively, the inflammation appearing to return after each of the three first bleedings with renewed intensity. After the fourth loss of blood, the medical

\* Dr. Copland's Dictionary of Practical Medicine, page 177, article “Blood.”

attendants declared that the disease was at length subdued, and left her; *in less than two hours afterwards the unfortunate lady was no more.* The probability is, that the sinking pulse and respiration were mistaken for the beneficial, instead of the destructive, result of the enormous loss of blood which had been sustained. But what becomes of the "safety" of this favourite ally, and indeed prominent part of drug medication, when it can thus deceive one of our first physicians regarding its effects?

Examples of the same kind might be multiplied; but if the reader would behold this "safe" remedy in all its glory, let him turn to the heart-rending account of the last illness of *Lord Byron*, as related in his biography by MOORE. It remains only to add, that a fit of *Gout, Dropsy, Blindness, Delirium and Mania, Dysentery, and Convulsions*, are spoken of as some of the results of bleeding, by DARWIN, JOHN HUNTER, TRAVERS, MARSHALL HALL, BLUNDELL, and BROUSSAIS, respectively.

It will be seen from the above quotations that no hardy assertions or laboured arguments of ours are necessary to demonstrate the unfairness of those practitioners who maintain that safety for the patient is to be found in drug medication alone; and, *per contra*, danger alone in the water treatment. The

literary organs, and the authors by whom they swear, bear ample testimony to the "danger" of the means they employ, without a word from us in that direction. If it be urged that the instances advanced are those of the *abuse* of medicinal remedies, we ask what are those, if any, which they can bring forward in tangible form against the safety of the Water-Cure? Should non-professional persons do mischief in their trading speculations in the Water-Cure,\* as will probably be the case, who so ready as practitioners of drug medication to cry out against the use—*not the abuse*—of that treatment? Should patients in the course of treatment commit indiscretions and fly to stimulants, medicinal and dietetic, who so anxious as they to refer the consequent evils to the use, and not to the abuse, of the Water-Cure? However, we have shown how that they reside in glass-houses,

\* We have heard of an instance in which the *exploiteur* of a water-cure establishment, a legal sort of professional person too, made a proposition to one of his patients, a distinguished officer of artillery, to take shares in it, in order to set on foot a project he had of selling it to advantage; finding, very probably, that he could make more by the sale of it than by blunders in practice. The same speculative person is also in the habit of asking exorbitant remuneration, but ultimately taking what he can get from his patients. These are the men that disgrace any profession or any system of practice.

and now leave the reader to judge of their discretion in throwing stones.

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The general allegation of "danger" being thus disposed of, we turn to certain specific charges that are whispered from house to house against the Water Cure: charges which, be it remembered, are opinions only, unsupported as yet by the publication of reasons or facts.

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#### 1. THE WATER TREATMENT THINS THE BLOOD.

This may do well to frighten the lieges, but will scarcely stand the critical examinations of professional men. Such an effect of water drinking is not mentioned by any of the authors who have made the diseased conditions of the blood their study. Let the writings of HOFFMANN,<sup>1</sup> FRIEND,<sup>2</sup> SCHWENCKE,<sup>3</sup> BUECHNER,<sup>4</sup> HEWSON,<sup>5</sup> HEY,<sup>6</sup> GRUNER,<sup>7</sup> THACK-

<sup>1</sup> *De Sanguine et ejus Observatione*, 4to. 1660.

<sup>2</sup> *Emmenalogia, Opera omnia*. London, fol. 1733.

<sup>3</sup> *Hæmatologia, siva Sanguinis Historia*, 4to. 1743.

<sup>4</sup> *De nimia Sanguinis Fluiditate et Morbis inde Oriundis*, 4to. 1749.

<sup>5</sup> *Experimental Inquiry into the Properties of the Blood*, 8vo. 1771.

<sup>6</sup> *Observations on the Blood*. London, 1779.

<sup>7</sup> *De Pathologia Sanguinis*. Jena, 1791.

RAH,<sup>8</sup> BELHOMME,<sup>9</sup> SCHULTZ,<sup>1</sup> BELLINGERI,<sup>2</sup> STEVENS,<sup>3</sup> and a host of others be consulted, and we defy the reader to find in any one of them the thinning of the blood attributed to dilution with water. These writers are most minute in their enumeration of the causes of the blood's deterioration, and some of them give precise accounts of their experiments on this head, but nowhere do we find water mentioned as an impoverisher of the vital fluid. On the other hand, we *do* find from the experiments and observations of SCHWENCKE, FRIEND, COURTEN, PITCAIRNE, and THACKRAH, that the employment of those very favourite medicinal agents, the fixed and volatile alkalis (including the carbonates of potash, soda,<sup>4</sup> and ammonia, sal volatile, &c.) has a particular effect in attenuating the vital fluid, breaking up its coagulating power, and thus inducing

<sup>8</sup> On the Properties of the Blood, 8vo. 1819.

<sup>9</sup> Observations sur le Sang, 4to. Paris, 1823.

<sup>1</sup> Meckel's Archiv für Anatomie und Physiologie, 1826, No. iv.

<sup>2</sup> Annali Universali di Medicina. April, 1827.

<sup>3</sup> Paper read to the London College of Physicians, in May, 1830.

<sup>4</sup> HUXHAM says (*Essay on Fevers*, pp. 48 and 308) that alkalis induce a scorbutic cachexy, that is, a dissolution of the solid parts of the body.

a diminished vital cohesion of the various textures of the body formed from it.

Further, we find from the experiments of LE CANU,\* that another very favourite remedy of drug medication has the power of singularly “thinning” the blood, by the removal of the rich red globules which give it colour. He found that a *first* bleeding furnished in 1000 parts of blood 792·897 of water, 70·210 of albumen, 9·163 soluble salts and animal extractive matters, and 127·73 of globules. But after a *third* bleeding, a few days afterwards, in the same patient, (a female,) the proportions were 834·053 of water, 71·111 of albumen, 7·329 of soluble salts and extractive matters, and 87·510 of globules ;—showing a diminution of 31 per cent. in the course of a few days, of that ingredient of the blood which chiefly constitutes its richness!

Again, what say medical authors of *mercury*—another favourite medicine and “sheet anchor”—and its agency on the blood. DIETRICH tells us, that soon after salivation has been established, the blood exhibits an inflammatory crust; at a later period *its colour deepens, and its coagulability is diminished; the proportion of clot, and therefore of fibrin, to serum (or watery part) becomes smaller;*

\* Nouvelles Recherches sur le Sang, in *Journal de Pharmacie*. September and October, 1831.



*the formation of albumen and mucus sinks to that of serum: the whole organic formation of the patient is less consistent and cohesive.*<sup>1</sup>

Another writer of weight says, in the most naïve manner imaginable; “A full plethoric woman, of a purple red complexion, consulted me for hæmorrhage from the stomach, depending on engorgement, without organic disease. *I gave her mercury, and in six weeks blanched her as white as a lily.*”<sup>2</sup> From all which it would appear that there are shorter and surer modes of “thinning the blood” than by water drinking.

There is a diseased state denominated *Anæmia* or Bloodlessness, in which the blood is deficient both in quantity and quality: a familiar and too common instance of which is the *green sickness* of girls. Now, in all the medical works on this disease, allusion is never once made to water drinking as a known cause,—not even to the possibility of its being a cause of it. One would imagine that in writing on so flagrant an example of “thin blood,” this would scarcely be passed over were it so certain a cause, as it is *now* said to be, of the disease in question. Yet for anything of the kind, it is vain to search the

<sup>1</sup> Op. supra cit. 80.

<sup>2</sup> Dr. Farre, as quoted in *Ferguson's Essays on the Diseases of Women*, Part i. p. 216.

pages of BECKER,<sup>1</sup> ALBERT,<sup>2</sup> JANSON,<sup>3</sup> CHOMEL,<sup>4</sup> ROCHE,<sup>5</sup> or COMBE,<sup>6</sup> all of them authors of recognised ability and consequence. On the other hand, *bad, moist air, poor and insufficient food, exclusion from light, residence in hot rooms, and excessive secretions and evacuations*, (purgatives and diuretics, to wit,) are recited as the most common causes of the impoverished state of the blood alluded to. To these are to be added as cause any disease of the digestive organs which, interfering with the proper digestion of the food, leads to the formation of blood deprived of the red globules. Nay, Dr. COPLAND says that general bloodlessness will not take place without some such disease. His words are ;

“ It is probable that general anæmia will not take place, unless *consecutively* of remarkable torpor of the vital influence, or of some morbid condition of one or more of the organs which contribute to the formation of blood. Where the digestive powers and the functions of the liver are weakened, anæmia is not infrequent. I am disposed to view the liver as

<sup>1</sup> Diss. Resol. Casûs Pract. Anæmiæ. Leyden, 1663.

<sup>2</sup> Dissertatio de Anæmia, 1732.

<sup>3</sup> De Morb. ex Defectu Liquidi Vitalis, 1748.

<sup>4</sup> Dictionnaire de Med., tom. ii. Art. *Anémie*.

<sup>5</sup> Dictionn. de Med. et Chirurg. Pract. Art. *Enémie*

<sup>6</sup> Transact. of Med. and Chirurg. Society of Edinburgh, vol. i.

being equally, if not more concerned in this function of blood-making than the lungs."

And again he says ;

" Deficiency of blood, as respects both its diminished quantity and its poor quality or the defect of red globules, is often associated with visceral disease, of which it is generally the consequence."<sup>1</sup>

Further on, he lays down as " a grand pathological inference," the following ;

" The interruption or obstruction of any important secreting or eliminating function, if not compensated by the increased or modified action of some other organs, *vitiates the blood more or less* ; and if such vitiation be not soon removed, *by the restoration of the function primarily affected*, or by the increased exercise of an analogous function, more important changes are produced in the blood, if the energies of life are insufficient to expel the cause of disturbance, to oppose the progress of change, and to excite actions of a salutary tendency."<sup>2</sup>

Taking this sentence as a text, and having an eye to those which precede it, we shall take the liberty of preaching a little sound physiology to those who disseminate their balderdash about " the thinning of the blood."

Of the patients who resort to Malvern for the

<sup>1</sup> Dictionary of Practical Medicine, p. 174, sect. 42, 44.

<sup>2</sup> Op. cit. p. 190, sect. 124.

treatment by water, air, exercise, and diet, seven out of ten labour under the interruption or obstruction of more or fewer of the organs which minister to the digestion of food ; and the periods of their ailments date variously from two to twenty years previously. During these long years they have run the gauntlet of all the means of drug medication, and, however painful it may be to repeat the fact, *they tell us* that they are worse than when they began so to run. During these years, too, the obstructed salivary glands, the obstructed liver, the obstructed bowels and kidneys, the interrupted or vitiated secretion of gastric juice, and the general disorder of the digestive mucous membrane, and of the nerves supplying it, have, in greater or smaller array, and therefore in varied degree, maintained a diseased digestion of the food, whence a vitiated blood comes thus to be formed. Besides this, more or fewer of the obstructed organs ceasing to pour out their secretions and excretions, the elements of these are retained in the circulating blood, which they further vitiate. Add to this the want of proper elimination of matters from the skin, (*to which, in the great majority of instances no attention whatever has been paid,*) and, last not least, the absorption into the blood of the infinite variety of poisonous medicines that have been tried in the years of suffering ;—and some idea

may be formed of the sort of blood which is circulating in the bodies of patients so circumstanced, and the character of the solids deposited from that blood. In fact, the leaden or parchment complexion, the yellow eye, the dry or waxy lip, the foul tongue, fetid breath, diseased secretions and excretions generally, the puffy, morbid fat, and flabby muscles, all testify to the vitiated condition of the vital fluid.

Now supposing that the water prescribed to be drunk by these patients had only for final aim to "thin" the blood, we are at a loss to behold any great mischief in diluting such a mass of semi-poisonous liquid. But when we find the skin becoming florid, the eye clear, the lip red and plump, the tongue clean and moist, the breath sweet, the bowels and kidneys affording healthier excretions, and the muscles hardening, under the operation of water drinking, it is reasonable to suppose that it does something more or something else than "thin" the blood ; particularly when the increased consumption of the oxygen of the atmosphere during the exercise of which they take abundantly, is given into the account. And that changes such as these occur in the process of our treatment at this place may be seen by any one who pleases to ask patients for a comparative statement of their previous and present condition.

To account for this a few physiological data may be given.

The learned LIEBIG informs us that "the two first conditions of animal life are nutritious matters and oxygen introduced into the system,"<sup>1</sup> and that in the varied transformations effected by the varied combinations of the elements of food and oxygen, the phenomena of animal life consist.<sup>2</sup> These transformations are all effected in the blood, derived as it is from the food and the oxygen of the atmosphere.<sup>3</sup> For the due performance of the vital functions, i. e. transformations, the presence of *water* in the blood is *absolutely necessary*.<sup>4</sup> This is especially shown by the proportion of water in healthy blood, which, according to LAVOISIER and SEGUIN, as quoted by LIEBIG,<sup>5</sup> is *eighty per cent*, as well as by the enormous proportion which it bears in the chemical composition of all the secretions. Hence it is essential that *all* the food be so changed in the stomach as to become equally soluble in water

<sup>1</sup> Organic Chemistry in its Applications to Physiology and Pathology, p. 12.

<sup>2</sup> Ibid. p. 9.

<sup>3</sup> Ibid. p. 8.

<sup>4</sup> Ibid. pp. 3, 43, 136, 140, 141, 142, 148, 153 to 159, 180, 181.

<sup>5</sup> Ibid. p. 13.

and thus be capable of entering into the circulation.<sup>6</sup>

Whilst from the food thus changed two elements, carbon and hydrogen, are derived, these are carried round with the blood and meet with oxygen introduced at the lungs and through the skin; and, combining with it in those places, carbonic acid gas and the vapour of water are formed and expelled from the body, one part of the oxygen mingling with the carbon to form the gas, and the other part of it with the hydrogen to form the water.<sup>7</sup> Now if sufficient supply of carbon and hydrogen be not taken in the shape of nutriment and drink to meet the supply of oxygen afforded by the atmosphere, death by starvation or chronic disease takes place. Of this LIEBIG says:<sup>8</sup>

“The time which is required to cause death by starvation depends on the amount of fat in the body, on the degree of exercise, as in labour and exertion of any kind, on the temperature of the air, and finally, *on the presence or absence of water.* Through the skin and lungs there escapes a certain quantity of water, *and as the presence of water is essential to the continuance of the vital motions, its dissipation hastens death.* Cases have occurred in which a full supply of water being accessible to the sufferer, death has not occurred until after the lapse of twenty

<sup>6</sup> Liebig, p. 108, 109.

<sup>7</sup> Ibid. p. 13.

<sup>8</sup> Ibid. p. 27.

days. In one case life was sustained in this way for a period of sixty days."<sup>1</sup>

This certainly does not look as if the water had *impoverished* the blood. But further : according to the same authority, this same "thinning" water is absolutely necessary in chronic disease, at least the want of it is a chief cause of death in them. LIEBIG tells us in the very next paragraph,

"In all chronic diseases death is produced by the same cause as in starvation, viz. the chemical action of the atmosphere. When those substances are wanting, whose function in the organism is to support the process of respiration ; when the diseased organs are incapable of performing their proper function of producing these substances ; when they have lost the power of transforming the food (in which water so materially aids) into that shape in which it may, by entering into combination with the oxygen of the air, protect the system from its influence, then the substance of the organs themselves, the fat

<sup>1</sup> RONDELET (*De Piscibus, Book i. cap. xii.*) speaks of marine animals that can live on water alone. He observed a fish that lived during three years in a vase full of spring water, and which nevertheless grew to such a size that the vase became too small for it. This phenomenon is also observed in the gold fishes of China. This however will not prove that animals can be nourished by water alone, since it almost always contains organic matters dissolved, though in small quantity, as may be shewn by the formation of green mould (PRIESTLEY'S green matter,) in the midst of clear spring water.



of the body, the substance of the muscles, the nerves and the brain are unavoidably consumed."

From all this we learn that the presence of water in the blood tends to quicken those transformations of the blood in which the act of life essentially consists. Moreover we learn that if, whilst the elements carbon and hydrogen are being freely and rapidly formed from the aliment, the body is placed in such a condition as to obtain a good amount of oxygen to combine with them, a vivid degree of vitality is imparted to the entire organism, and the strides of chronic disease and of death are arrested.

Now these are precisely the states brought about by the water treatment. The very first of its effects is to produce appetite ; many patients being actually ashamed of the quantity they eat, or are inclined to eat. Whilst carbon and hydrogen are thus largely formed by food, a proportionate quantity of oxygen is made to be taken in by means of exercise ; for as the number of respirations regulates the quantity of oxygen inspired, and as these are more frequent in exercise, the result is the presence of a large quantity of that vivifying gas to meet and combine with the large quantity of carbon and hydrogen supplied from the aliment, that is, the solid food and water. The results of this more vivid vital state are to remove the obstructions and interruptions of the organs above

mentioned, and thus to restore secretions ; to produce more rapid transmutations, and thus to renew the previously vitiated blood ; and, by the gradual substitution of healthier blood, to cause a deposition of healthier solids. And we submit that none of these results give the slightest indication of impoverished blood.<sup>1</sup>

We have entered into these physiological explanations in order to shew the laical reader how much and how little he should rely on the loose off-hand assertions of his professional friend, from whom some rationale of the so-called "thinning of the blood" may reasonably be expected. Be that fluid thinned or not, the Water Cure has the results above mentioned, and we might content ourselves by referring to the signs, in the complexion alone, of those who

<sup>1</sup> A writer of large quantities of "domestic medicine," and "best methods of invigorating life," and who has recently sent forth some of the vilest English on the Water Cure, states in the course of its pages that LIEBIG is of opinion that "drinking much water breaks down the red globules of the blood !" But he gives no chapter and verse for this, which indeed would be a piece of impudence only exceeding the assertion itself, for the reader of LIEBIG'S work, so often quoted in these pages, will seek in vain, from title page to "Finis," a single word from which such an opinion can even be inferred. It were well if they who will publish bad grammar would at least render it digestible by sprinkling some of the salt of truth upon it.

have tried it, of redder and richer blood circulating where for years it had ceased to circulate, being congested on some internal organs, there causing obstruction of function. To hear the solemn trash vented on this matter of the blood, one might imagine that water were a thing abhorrent to the human organism, and to be drunk only when all drugs had failed, or not even then. Whereas we are told by a high physiological authority that "water constitutes four-fifths of the weight of the animal tissues, and without it they are wholly insusceptible of vitality."<sup>9</sup> And LIEBIG states<sup>1</sup> that 6361 parts of anhydrous fibrine, (i. e. fibrine deprived of all water,) are united with 30,000 parts of water in muscular fibre or in blood." With these two data the laical reader and his medical prompter will be the less astonished to hear, from good authority also, that water actually *assists* in the formation of the *solid* parts of the body. Count RUMFORD announced this long ago,<sup>2</sup> and PEREIRA holds the same opinion.<sup>3</sup> ROSTAN likewise remarks that "water is the principal source of vegetation, itself the source of all animal life, that it acts on the

<sup>9</sup> MÜLLER, Elements of Physiology, p. 7.

<sup>1</sup> Organic Chemistry in its application to Agriculture and Physiology.

<sup>2</sup> Essays, vol. i. p. 194, 5th edition, 1800.

<sup>3</sup> Elements of Materia Medica and Therapeutics, vol. i. p. 69.

animal both by its admixture with atmospheric air, (as in respiration and by the skin,) and by its presence in the digestive canal, where it acts directly *by aiding in the renovation and growth of the individual.*"<sup>4</sup>

We daily behold the muscles of patients acquiring increased volume and firmness under the operation of the Water Cure, and the exercise they are enabled to take very soon after commencing it tells of anything rather than the helplessness that attends impoverished blood and attenuated solids. The first surgeon in Europe, DIEFFENBACH of Berlin, recently stated that, in amputating limbs after accidents, he invariably found the severed muscles of those who had been treated by water and were habitual water drinkers, of a much more vivid red colour, of greater compactness and more contractile than, in any other individuals.

But the whole assertion regarding thin blood proceeds on grounds that betray intense ignorance both of physiology and of the Water Cure. It supposes that the whole water imbibed enters into and remains in the circulating blood *quasi* water, that no chemical transformation of it takes place in the body at all;—this is ignorance of physiology. And it supposes that *all* who are treated by water are told to drink the same, and that a large quantity of water,

<sup>4</sup> Cours Élémentaire d'Hygiène, T. i. p. 288.

without discrimination of the individual cases of disease presented;—this is ignorance of the Water Cure. So between the horns of this compound ignorance, and of wilful, interested misrepresentation, we leave the declaimers about the “thinning of the blood.”

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2. “THE WATER TREATMENT EXHAUSTS THE ANIMAL HEAT.”

From this very absurd proposition, we might, as in the former instance, appeal to the patients who have been treated at Malvern. The great majority of them arrive here with the skin so exquisitely alive to any, the smallest decrease of temperature, that, in some cases, we found fires blazing in their rooms in the month of August. The same sensitiveness is testified, and indeed maintained, by the accumulation of flannel, silk, and soft leather, in which they are clothed on their arrival here. How is this to be accounted for? And how is it to be explained that, after a longer or shorter trial of the Water Cure, these same patients go out into all weathers, in early morning and at night, throw aside their multiplied under clothing, and defy rain and snow, and keen frost? We propose, in answer, to turn to the pages

of an authority which our medical brethren will scarcely gainsay.

Referring again to the doctrine of LIEBIG, given when addressing ourselves to the question of "thin blood," and which makes the vital activity consist in the transformations of the elements of the food into the blood, this again into the solids and secretions, and these again into blood, containing carbon and hydrogen, to be consumed by the oxygen of the atmosphere;—we find in the work of the same learned author, that the source of animal heat is attributed to the same process of consumption of the carbon and hydrogen of the food by the oxygen of the atmosphere. He says,<sup>1</sup>

"The mutual action between the elements of the food and the oxygen, conveyed by the circulation of the blood to any part of the body, is the source of animal heat."

This being established, let us next ask by what means this heat is maintained under varying circumstances? And let the same author answer;

"In the animal body the food is the fuel; with a proper supply of oxygen we obtain the heat given out during its oxidation or combustion. In winter, when we take exercise in a cold atmosphere, and when consequently the amount of in-

<sup>1</sup> Organic Chemistry in its Applications to Physiology and Pathology, p. 17.

spired oxygen increases, the necessity for food containing carbon and hydrogen increases in the same ratio ; and by gratifying the appetite thus excited, *we obtain the most efficient protection against the most piercing cold.* A starving man is soon frozen to death ; and every one knows that the animals of prey in the arctic regions far exceed in voracity those of the torrid zone.

“ In cold and temperate climates, the air, which incessantly strives to consume the body, urges man to laborious efforts, in order to furnish the means of resistance to its action, while, in hot climates, the necessity of labour to provide food is far less urgent.

“ Our clothing is merely an equivalent for a certain amount of food. The more warmly we are clad, the less urgent becomes the appetite for food, because the loss of heat by cooling, and consequently the amount of heat to be supplied by the food, is diminished.

“ If we were to go naked, like certain savage tribes, or if in hunting or fishing we were exposed to the same degree of cold as the Samoyedes, we should be able with ease to consume ten pounds of flesh, and perhaps a dozen of tallow candles into the bargain, daily, as warmly-clad travellers have related with astonishment of these people.

“ According to the preceding expositions, the quantity of food is regulated by the number of respirations, by the temperature of the air, and by the amount of heat given off to the surrounding media.”<sup>1</sup>

To apply this. Our “warmly-clad” patients come to Malvern without appetite, and afraid of the

<sup>1</sup> Op. cit. p. 21.

slightest cold air. We subject them to the action of cold air by causing them to throw off their warm clothing : we further subject them to the action of cold water applied to the skin in the shape of baths ; —and, lo ! in a few days they get an appetite ! How this comes to pass, let the above quoted paragraphs say. We defy the whole medical fraternity to disprove the truths they contain.

Well, then ; behold the patient with an appetite,—in other words, with the capability of supplying carbon and hydrogen abundantly to the blood ; behold him taking exercise, and thus augmenting the number of his respirations,—in other words, supplying oxygen to meet the carbon and hydrogen which his appetite affords ; behold, in consequence of the mutual action of these elements, an increased rapidity of supply and waste, of vital activity and chemical combustion,—AND THEREFORE AN AUGMENTED AMOUNT OF ANIMAL HEAT.

But it may be said that all this applies only to the operation of external cold, and affords no argument against the assertion that the *drinking* of cold water abstracts the animal heat. This is true, as far as the mere withdrawal of heat is concerned : but the ultimate effect on the increase of food taken, and of oxygen consumed, and therefore of animal heat generated, still holds. Hear LIEBIG again.



“ The cooling of the body, by whatever cause it may be produced, increases the amount of food necessary. The mere exposure to the open air, in a carriage, or on the deck of a ship, by increasing radiation or vaporization, increases the loss of heat, and compels us to eat more than usual. *The same is true of those who are accustomed to drink large quantities of cold water, which is given off at the temperature of the body, 98·5°. It increases the appetite, and persons of weak constitution find it necessary, by continued exercise, to supply to the system the oxygen required to restore the heat abstracted by the cold water.*”<sup>1</sup>

What can be more confirmatory of the philosophical principles, on which the Water Cure proceeds, than this proposition of so justly distinguished a writer? And every word of it is practically proved on these Malvern hills, where, by exercise in the open air, after the various processes of the treatment and drinking water, the capabilities of taking food and of resisting cold, are gained for those who heretofore possessed neither.

To hear the absurdities uttered on this subject, one might be led to imagine that the evolution of animal heat was a process carried on to a very scanty degree in the human body, and that the quantity of it generated in twenty-four hours in an adult man, would be utterly expended on the water of the shallow and hip-baths taken in that period. The non-professional reader will, therefore, be surprised at the

<sup>1</sup> Op. cit. p. 24.

following statement made on accurate experiments undertaken by natural philosophers of the highest character.

“ According to the experiments of DESPRETZ, 1 oz. of carbon evolves, during its combustion, as much heat as would raise the temperature of 105 oz. of water at  $32^{\circ}$  (the freezing point) to  $167^{\circ}$ , that is, by 135 degrees; in all, therefore, 105 times  $135^{\circ} = 14207$  degrees of heat. Consequently, the 13.9 oz. of carbon, which are daily converted into carbonic acid in the body of an adult, evolve  $13.9 \times 14207^{\circ} = 107477.3$  degrees of heat. This amount of heat is sufficient to raise the temperature of 1 oz of water by that number of degrees, or from  $32^{\circ}$  to  $197509.3^{\circ}$ ; or to cause 136.8 lbs. of water at  $32^{\circ}$  to boil; or to heat 370 lbs. of water to  $98.5^{\circ}$  (the temperature of the human body;) or to convert into vapour 24 lbs. of water at  $98.5^{\circ}$ ! If we now assume that the quantity of water vaporized through the skin and lungs in twenty-four hours amounts to 48 oz. (3 lbs.) then there will remain, after deducting the necessary amount of heat, 146380.4 degrees of heat, which are dissipated by radiation, by heating the expired air, and in the excrementitious matters.”<sup>1</sup>

<sup>1</sup> LIEBIG. *Op. cit.* p. 34. The quantity of carbon (13.9 oz.) stated is calculated, from the analysis of all the aliment taken in twenty-four hours, by a company of the body-guard of the Grand Duke of Hesse Darmstadt, consisting of eight hundred and fifty-five men. It was composed of beef, pork, potatoes, peas, beans, lentils, sour krout, green vegetables, bread in soup, salt, onions, leeks, fat, and vinegar: in all containing, after analysis, for each man, 13.9 ounces of carbon daily.

Why here is heat generated by one individual in twenty-four hours, almost sufficient to boil the water in which he bathes, and that which he drinks! And yet persons calling themselves educated medical practitioners and physiologists, put on an anxious look as they mouth about the Water Cure "exhausting the animal heat!" *Quousque tandem, &c.?*

Should, however, the reader desire to learn the most effectual way of *destroying the power of generating animal heat*, let him pursue the plan which so many shivering patients who come to Malvern have followed. Let him drink spirits and wine, eat condiments, swallow purgatives, and especially mercurials, take "a course of iodine," and, as an occasional interlude, lose a little blood; and we stake our reputation that he will shiver to his heart's content, and find himself many degrees lower in the scale of Fahrenheit than cold water, cool air, early rising, and exercise can possibly place him.

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### 3. "THE WATER CURE DESTROYS THE TONE OF THE STOMACH."

Here is another piece of *ad captandum* nonsense, emitted to catch the fears of the community.

Is it the cold of the water imbibed which destroys the tone? How then comes it to be given, by universal consent, in fevers, where the tone of the stomach is already low enough? Is there a physician in these days bold enough to assert that *warm* water destroys the tone of the stomach less than cold? Where is the tone of the stomach in gout? Yet, from HEYDEN<sup>1</sup> downwards, *cold* water is the recognized beverage of gouty persons. Dr. PEREIRA tells us that the drinking cold water “facilitates recovery from epilepsy, hysteria, and fainting, and alleviates gastric pain and spasm;” and further, that “large draughts of cold water have sometimes caused the expulsion of intestinal worms;”<sup>2</sup>—effects which, we submit, it could not have produced, had the cold water had the result of “destroying the tone of the stomach.” He also states, that “*ice-cold* water, or even *ice*, when swallowed, causes *contraction* (certainly indicative of *increased* tone) of the gastric blood-vessels, and thereby checks or stops sanguineous exhalation (certainly indicative of *decreased* tone) from the mucous membrane of the stomach;” that on taking ice, or ice-cold water, “temporary

<sup>1</sup> Arthritifugum Magnum; a Physical Discourse on the Wonderful Virtues of Cold Water. London, 1724.

<sup>2</sup> Elements of Materia Medica and Therapeutics, vol. i. page 32.

contraction of the alimentary canal is produced: that a feeling of warmth follows that of cold in the pit of the stomach, and quickly extends over the whole body, (so it does *not* exhaust the animal heat!) accelerating somewhat the circulation, and promoting the secretions of the alimentary canal, of the kidneys, and the skin.”<sup>1</sup> Finally, the same elaborate writer says of cold water, that “it is a vital *stimulus*, and is more essential to our existence than aliment.”<sup>2</sup> In all which we are at a loss for any signs of destruction of the stomach’s tone.

Is it by dilution of the gastric juice that cold water impairs the tone of the stomach? The last cited author seems to think the affirmative, when he says, “Water serves at least two important purposes in the animal economy; it repairs the loss of the aqueous parts of the blood, caused by the action of the secreting and exhaling organs; and it is a solvent of various alimentary substances, and therefore assists the stomach in the act of digestion, though, *if taken in very large quantities*, it may have an opposite effect, *by diluting the gastric juice.*”<sup>2</sup> Unfortunately for the truth of this proviso, with reference to the Water Cure, no medical man practising it as he ought to do, would prescribe cold water to be drunk “in very large quantities” at a meal, nor for two

<sup>1</sup> *Op. cit.* p. 34.

<sup>2</sup> *Ib.* pp. 68 and 69.

hours at least afterwards ; on the contrary, not more than a small tumbler should be taken whilst eating. And, as regards copious drinking of it when the stomach is empty,—in the early morning, for instance, when it is especially recommendable,—we have the best authority for saying that no gastric juice at all is secreted in the stomach, until the natural stimulus of nutritious aliment is applied to its cavity,<sup>1</sup> and that therefore no dilution of it can take place, and no diminution of tone thence be caused.

Lastly, is it by its bulk that cold water impairs the tone of the stomach ? If the six or eight tumblers of water, imbibed by a person before breakfast, *all* remained in the stomach unabsorbed, its bulk would probably irritate the stomach to the point of vomiting, and the exhaustion of the stomach subsequent on such effort, frequently repeated, might induce atony of its coats, as repeated vomiting from any cause tends to do. But this cannot take place in the course of the Water Cure ; first, because its practice does not countenance the taking of more than one tumbler at a time, and insists on exercise in the intervals between each ; and, secondly, be-

<sup>1</sup> Case of Alexis St. Martin, in Dr. Beaumont's "*Experiments and Observations on the Gastric Juice and the Physiology of Digestion*," p. 96. Edinburgh, 1838.

cause it is well ascertained that the absorption of water by the stomach is a surprisingly rapid process, "all drinks," according to Dr. BEAUMONT, "being *immediately* absorbed, none remaining on the stomach ten minutes after being swallowed." <sup>1</sup>

We heard a medical practitioner, who had seen a case similar to that of St. Martin, (a perforation from the surface of the belly into the cavity of the stomach,) say, a short time ago, "that the sucking up of water by the coats of the stomach, resembled the manner in which rain is taken up by the burning sands of a desert." And all physiological investigation proves that the empty stomach has amazing vivacity of function in this particular. For the rest, we are contented to refer again to the words of LIEBIG, (at page 68,) that "large quantities of cold water increase the appetite:" and to the daily exhibition of this fact in our patients. And we therefore contend that *that which augments the appetite of the stomach cannot be destructive of its tone.*

Modern pathology has placed beyond all doubt, the important fact, that atony of the stomach is invariably the consequence of long-continued irritation of its nerves and mucous lining. There is no more certain way of producing and maintaining such irri-

<sup>1</sup> Op. cit. p. 99.

tation than the taking of improper food, alcoholic liquors, and medicines of any kind. We say of any kind, for even those which are called "sedatives," cause mucous inflammation of the stomach, of a character precisely similar to that induced by spirituous liquors, as the learned and accurate Dr. CRAIGIE informs us.<sup>1</sup> And, as regards the long array of purgatives and tonics, so commonly employed to palliate the consequences of improper food, the very epithets they bear imply an augmented and irritative condition of the nerves, as well as the mucous membrane of the great organ of digestion. For the rationale of their irritating action, the reader is referred to a work recently published by one of the authors.<sup>2</sup> In the meantime allusion is made to the subject here for the purpose of leading the reader to the facts: 1st. that the history of nine-tenths of the cases submitted to the Water Cure in Malvern, tells of the previous alternations of improper food and medicines: 2nd. that all these give the undoubted signs of chronic irritation of the stomach: and 3rd. that this organ is invariably found in a state of atony as regards appetite and the power of digestion. Thus it requires no action of *water* to destroy the

<sup>1</sup> Elements of the Practice of Physic, vol. i. p. 872.

<sup>2</sup> Stomach Complaints and Drug Diseases, their Causes, Consequences, and Cure, by J. Wilson, M.D., part i. *passim*.



tone of the stomach : that is already done before the patients come under the water discipline,—in short, they have recourse to it in order to regain the tone in question. And, however astounding some of our medical readers may consider it, they *do* regain that tone : the appetite for breakfast, after sundry tumblers of cold water and a walk, bearing ample testimony to the interesting fact. It were well for mankind had they no more effectual way of destroying the tone of the stomach than by drinking water!

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4. “THE WATER CURE PRODUCES DROPSY:”  
and,

5. “THE WATER CURE INJURES THE KIDNEYS  
BY INDUCING EXCESSIVE ACTION OF THEM.”

We place these opinions in juxta-position, in order that the reader may form some idea of the anilities which mere prejudiced opposition is capable of uttering. Here are two states : one supposing a want of action in the kidneys, the other an excess of action in them. How in the name of logic can both acknowledge an identical cause? Yet both are gravely asserted to arise from drinking water. Our medical opponents are clearly in a state of uncertainty in the

matter, some holding by the retention of the water in the body, others by its too rapid exit therefrom. *Non nobis has componere lites.* We presume that they "agree to differ," finding that one opinion acts upon those who have the fear of dropsy before their eyes, and the other upon those whose kidneys are their especial care. We will endeavour to place either class at its ease on these points.

Two kinds of dropsy are described by all medical writers on the subject: that which arises from inflammatory, or some analogous action in the seat of the dropsical collection, (the chest, belly, or the cells underneath the skin :) and that which ensues upon obstruction of the circulation by reason of disease of the heart, the lungs, the liver, the spleen or some of the large veins of the body. Of late years, it has been shown by BRIGHT,<sup>1</sup> CHRISTISON,<sup>2</sup> GREGORY,<sup>3</sup> OSBORNE,<sup>4</sup> MARTIN SOLON,<sup>5</sup> and RAYER,<sup>6</sup> to be connected in some instances with a

<sup>1</sup> Reports of Medical Cases. London, 1827.

<sup>2</sup> On Dropsy from Disease of the Kidney. Edin. Med. and Surg. Journal, vol. xxxii. p. 262. 1829.

<sup>3</sup> Edinburgh Med. and Surg. Journal, vol. xxxvi. p. 315, 1831.

<sup>4</sup> On Dropsies, &c. &c. London, 1835.

<sup>5</sup> De l'Albuminurie. Paris, 1838.

<sup>6</sup> Traité des Maladies des Reins, &c. Paris, 1839-40.

particular organic disease of the kidney: of which we shall by and by say more.

With whatever condition, however, of the dropsical part the disease may be allied, one fact is invariable in the history of dropsy, viz. the diminished action of the kidneys, and therefore the diminished quantity of fluid evacuated by them; a diminution, of which patients in the Water Cure, we venture to say, never yet complained. Referring to the dropsy connected with local inflammation, we find the greater number of authors attributing it to suppression of the perspiration, or of any of the natural secretions and discharges, and to the driving in of any eruption. Referring also to the dropsy dependent on disease of the heart, lungs, liver, &c., we find all medical writers explaining this by the stoppage of the circulation in consequence of obstructions in those organs, and the subsequent congestion of blood and effusion of its watery parts in some of the cavities. But in all the treatises on this disease, from HIPPOCRATES<sup>1</sup> downwards, the medical or the non-professional reader will seek in vain for the use, or even the abuse of water as a cause. It is true that many of the older writers tortured their dropsical patients (who are always thirsty) by forbidding liquids; but every practitioner

<sup>1</sup> Aphorism. 3 to 7; et Opera, *passim*.

is now well aware of the absurdity, and even injury of the restriction, which, however, still obtains as correct with very many of the laity. Upon this erroneous and injurious notion, the opinion that "water drinking causes dropsy" is calculated to play, as they who emit it well know. But would any educated practitioner venture, in a case of dropsy, to act upon such a notion, and debar his patient from as much water as he chose to drink? We opine that he would be pointed at as an ignoramus of the first water, and scouted by his brethren for his utter want of scientific and practical knowledge. If, then, the free taking of water be not conducive to the increase of dropsical disease, *when the kidneys and skin are carrying off liquids imperfectly*, how should it produce dropsy *when both the kidneys and skin are acting freely*—nay, carrying off more than the usual quantity of fluids by virtue of the exercise enjoined in the Water Cure? The proposition carries absurdity on the face of it.

But we further maintain, that in those cases wherein the dropsy is attributable to obstruction of circulation in the liver, spleen, or sweetbread, the copious drinking of water, aided by the other applications of the Water Cure, is a powerful agent in the *cure* of dropsy. If there be a diseased state which our plan of treatment is more especially calculated to re-

move, it is to be found in that obstruction of the liver and other solid organs of digestion, which, in the majority of instances, gives rise to dropsy. Of the removal of such obstruction, we have already given the rationale. And inasmuch as in the case before us, the dropsy is attacked in its source and the torpid liver, &c., put into action, we have good reason to prefer the water treatment before that which only aims at stimulating the kidneys by all kinds of irritating diuretics, leaving the original seat of the mischief in the liver to take its chance, or, possibly, to be deteriorated by those very diuretics (calomel, colchicum, squill, and so forth) applied to the stomach.

This leads us to the consideration of that species of dropsy which is connected with the organic disorder of the kidneys denominated "granular disease," and described by BRIGHT, CHRISTISON, and others. When it is alleged that the Water Cure causes disease of the kidneys, we are not aware that particular allusion has been made to this "granular" condition;—very probably, the wiseacres who pronounce the opinion never heard of such a condition. But as medical writers have never yet spoken of any other state of the kidneys as productive of dropsy, we conclude that the disease in question is the one intended to be seen through the haze of prejudiced

ignorance which surrounds this professional opinion. If the authors who have published on this subject are to be relied on, (and they comprise the most respectable names in medicine,) the causes of the complaint in question are, 1, suppressed action of the skin; 2, drinking of spirituous liquors; 3, the employment of stimulant diuretics; and 4, courses of mercury. But none of them allude in any way to copious dilution with water as a cause.

With regard to the *suppressed action of the skin*, it can scarcely obtain in the Water Cure, where the *increased* action of that important surface forms a prominent feature, and wherein sweating is a principal agent. On this last, indeed, Dr. OSBORNE places his greatest reliance in the cure of dropsy:<sup>1</sup> asserting that "sweating being accomplished, the disease, if free from complications, never fails to be removed."<sup>2</sup>

Neither do *spirituous liquors* figure in the Water Cure, which may, therefore, *quoad hoc*, be declared guiltless of causing renal dropsy. Why do not our medical brethren, who utter warnings about *water* and dropsy, raise their voices on the subject of *spirits* and dropsy? for all the writers above cited speak of spirit drinking as the most fertile cause of this kind of dropsical disorder, which, according to

<sup>1</sup> Op. cit. p. 44.

<sup>2</sup> Ib. p. 61.

Dr. BRIGHT, destroys not less than five hundred persons annually in London alone.

Then, as regards the employment of *stimulant diuretics*, they enter not into the simple pharmacopœia of the Water Cure. Dr. OSBORNE states, that these medicines, as squills, cream of tartar, and even the diuretic salts, are not guiltless in contributing to the production of this disease of the kidney; and that by over-stimulating the kidneys, they become the means of stopping the urinary secretion, and inducing the renal disease and its consequences.<sup>1</sup> And Dr. GREGORY, in his report of cases,<sup>2</sup> says, “that the most remarkable diminutions in the urinary secretions took place *after the administration of squills and cream of tartar* :” evidently pointing to their effect in exasperating the malady. Further, in quoting these authors, it is necessary to remark that they speak of the “*stimulant diuretics*,” and particularize some of them, as above. The laical reader will understand the force of this when he learns that diuretics are classed by physicians into the “aqueous” and the “stimulant,” the latter including the saline, the acrid, the oleaginous, &c.<sup>3</sup> It is not probable that accurate writers should have

<sup>1</sup> Op. cit. p. 34.

<sup>2</sup> Ed. Med. and Surg. Journal, *ubi supra*.

<sup>3</sup> Pereira's Elements of Materia Medica, vol. i. p. 200.

passed over the "aqueous" diuretics had they been detectable as a source of dropsy from the cause in question; the rather as, besides simple water, these include the infusions of simple herbs and grains, copiously imbibed. So that, taking authority of a high character, that terrible agent, water, does not produce dropsy so frequently as those pleasant medicines, squill, colchicum, &c.

Lastly, a reviewer in the *Edinburgh Medical and Surgical Journal*,<sup>1</sup> (supposed to be PROFESSOR CHRISTISON,) accuses *mercury* of causing diseased kidney leading to dropsy, and alludes to Dr. BLACKALL'S observations to the same effect. He says: "Two decided examples, if not more, we have seen, in which no doubt could be entertained as to the influence of this mineral in producing the morbid degeneration of the kidney. Mercury seems in this case to act very much like other excessive stimulants, and by over-exciting the glandular part of the kidneys, to lay the foundation of the morbid change."

Sir ASTLEY COOPER also classes mercury as a not infrequent cause of dropsy of the belly, speaking of it in that agency as "by no means an extraordinary case."<sup>2</sup>

<sup>1</sup> No. cxxviii. p. 199.

<sup>2</sup> Lancet, April 3, 1824.



Still we have nothing of water in all this ; and mercury is assuredly no part of the Water Cure. The fact is, and educated medical men know it, that when a large quantity of water is introduced into the circulation, it passes off by the skin in the shape of sweat, if external heat be applied : or by the kidneys, if the surface be kept cool, this being a process of filtering only, and unaccompanied by the stimulation which marks the operation of saline and acrid diuretics, whose aim is to *force* the kidneys at the expense of other organs. It requires no depth of reflection to conclude which is the more likely to bring on renal dropsy.

We may add, by way of rider, that Dr. COPLAND enumerates “ the drastic operation of purgatives ” among the causes of dropsy :<sup>1</sup> but does *not* place copious dilution in the list.

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6. “ THE WATER CURE CAUSES RHEUMATISM.”

If so, the dogma on which Homœopathy is based, and which asserts that the same remedy which cures will cause a disease, is correct. For in no complaint hitherto submitted to the Water Cure are its cura-

<sup>1</sup> Dictionary, p. 627. Art. *Dropsy of the Abdomen*.

tive effects more decided, and even surprising, than in rheumatism, whether acute or chronic. But the *comfortable* prejudices in favour of abundance of flannel, a wilderness of fur, and the atmosphere of ovens, stamps the promulgation of this dread of rheumatism with the only ingenuity that it can fairly claim : for daily and hourly experience leave it without a vestige of foundation. To obtain rheumatism by the joint operation of cold and moisture, two conditions are necessary ; first, that the individual should be predisposed by a certain irritative condition of the digestive organs, especially the liver, and of the nervous system ; secondly, that evaporation of the moisture from the surface of the body should be unimpeded, and the individual in a state of rest. Place a man with sound digestive organs between damp sheets, covered by dry blankets and counterpane, and let the whole be arranged so as to forbid the passage of air underneath the bed-clothes, and it is altogether impossible for him to become rheumatic. In such case the warmth of the body quickly transforms the damp of the sheets into vapour, which being confined about the skin engenders an atmosphere warm enough to satisfy the most comfort-loving matron that ever smothered her husband with infinite coverings. More than this ; the consequence is not rheumatism, even when there is the predispo-

sition in the digestive organs ; witness stage-coachmen and postboys, who invariably suffer their undercoat to be well-soaked with rain before they put on the upper dry one kept in reserve : and who, although given to those ways which irritate the digestives, neither get cold nor rheumatism by this proceeding. The like applies to the well-known habit of the Highland shepherds, of wringing their undergarment out of cold water, and covering all with a dry coat, *as the best means of keeping themselves warm*, when they sleep on the mountain-side : yet they are not celebrated for their abstinence from whisky, nor for attacks of rheumatism. All that is required is, that evaporation of the damp clothing by the passage of air should be avoided ; experience teaches this, and the reason of it should be evident to every medical man.

On the other hand, let a man's stomach and bowels be maintained in a state of irritation by purgatives, let him, more particularly, be in the habit of taking minute or large doses of mercury or iodine, it will be found how readily he takes rheumatism even by exposure to cold air, not to mention the dampness that is its usual concomitant in this island. Yet pack the same man in damp sheets, and keep all but his face hermetically excluded from the air, and though he were brimful of the results of mercury,

he runs no more risk (not as much in the ultimate) of becoming rheumatic by it than if he were in a bed heated by half a dozen warming-pans. It is mere idleness to deny this without experience; *we* have *seen* the fact scores of times: we have never seen rheumatism ensue on such treatment; and we take leave to doubt whether the persons with this rheumatic crotchet in their heads have ever tried or seen tried the wet sheet, or any other portion of the Water Cure.

Would they desire to have other medical authority than our's for the harmlessness of cold water and damp clothes? Dr. HEBERDEN, the first physician of his day, says;

“ In England, few make any doubt of the great danger attending wet rooms and damp clothes or beds. Is this opinion founded upon experience *which has been suffered to grow up and get strength merely for want of being examined?* If we inquire into the arguments in favour of this notion, we shall hardly find any other than the random conjectures of the sick about the cause of their illness, or than their artfully substituting this origin of it instead of some other, which they are unwilling to own. I hardly know a distemper, of which at different times, I have not been told, that it was occasioned by lying in a damp bed or by sitting in a wet room; *and yet I do not know any one which will certainly be produced by these causes;* and people frequently expose themselves to such causes without suffering any ill-effects. \* \* \* It is a common practice in

certain disorders to go to bed at night with the legs or arms wrapped in linen cloth soaked in Malvern water; so that the sheets will be in many places as wet as they can be; *and I have known these patients and their bed-fellows receive no harm from a continuance of this practice for many months.* Nor can it be said, that the Malvern water is more innocent than other water might be, on account of any ingredients with which it is impregnated; *for the Malvern water is purer than that of any other springs in England, which I ever examined or heard of.*

Is it the coldness of wet linen which is feared? but shirts and sheets, colder than any unfrozen water can be, are safely worn and lain in by many persons, who, during a hard frost, neither warm their beds nor their shirts. Or does the danger lie in the dampness? But then how comes it to pass that a warm or cold bath and long fomentations can be used without the destruction of those that use them? Or is it from both together? Yet we have long heard of the thickness and continuance of the cold fogs in the north-west of England; but have never yet been told of any certain ill effect which they have upon those who live in them.”<sup>1</sup>

We trust there is no imbecility in deferring to the opinion of so great a name as **HEBERDEN** rather than to the hap-hazard announcements of men who, however fashionable their practice, are, in the matter of scientific and practical acuteness, unfit to unloose the latches of his shoes. Another great name in medicine, **Dr. BEDDOES**, may be quoted for the purpose of justifying us in this scepticism of the

<sup>1</sup> Medical Transactions, vol. ii.

value of certain medical opinions. One of his correspondents had mentioned to him a case in which “a patient had received almost entire ease from cold water, and the inflammation seemed to be held in check, when from the anxiety of friends another (a fashionable practitioner) was called in.”

“His disapprobation of our practice,” says the account, “was immediately manifested by the preference he expressed for the old plan of treatment by emollient applications and poultices, *mingled with affected admiration of the courage which had pushed to such extent the trial of a new remedy.*” “From part of the following sentence,” continues Dr. BEDDOES, “may one not suppose that the eye of a keen observer had been caught by those members of the medical fraternity, that, without reflection or remorse, go on eternally repeating the same vain processes of their art; and never let slip an occasion of blasting by insinuation, the character of a rival, who, to assuage pain or preserve life, shall dare depart from precedent? *Est-il une fin plus triste (says Rousseau, lettre à M. de Voltaire, Aôut 1756) que celle d'un mourant...que les mediciens assassinent dans son lit à leur aise, et que les prêtres barbares font avec art savourer la mort?*” The italics are by Dr. BEDDOES.<sup>1</sup>

This is sufficiently allied to the present head of our inquiry to warrant its introduction here. For it is “the eternal repetition of the same vain processes of their art” which renders so many of the medical fraternity incapable of investigating the *fact*

<sup>1</sup> Contributions to Physical and Medical Knowledge, p. 320.

with regard to the influence of the Water Cure either in the production or eradication of rheumatism. In their minds this disease is irrevocably connected with damp, and its treatment with internal stimulation by mercurials and emetics, and external stimulation by heat. But such was once the case with the treatment of fever, small-pox, and other eruptive disorders, and the substitution of cold air and drink in those diseases was similarly maligned. Yet the very men who would now deride the hot treatment of fever, cling to the fag-end of that exploded mischief in their present mouthing about rheumatism and the Water Cure. They would coddle rheumatic fever just as other fevers were formerly coddled, the patients passing with astounding certainty from their *hot* to their *cold* bed. So lamentably slow is the retreat of error! so inveterate the prejudices of ignorance! We demand the enumeration of FACTS, hard, telling, indisputable facts. But error will not if it could, and ignorance cannot, give them. And in the absence of such we must rest upon the facts daily passing before our eyes in practice here, and which are totally at variance with the opinion that the Water Cure, in any of its parts, produces rheumatism.

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7. "THE CRISIS INDUCED BY THE WATER CURE IS DANGEROUS."

A very flimsy and feeble writer in the *Quarterly Review* for December 1842, clubs this "word of fear" with the last named, prophesying that "the Water Cure will flourish until some person of note is crippled by a rheumatic fever or dead from a carbuncle." The employment of this term "carbuncle" as indicative of *the* crisis, lays bear either the gross ignorance of the writer on the subject of the Water Cure, since he gives it as the *only* critical result, or the dishonesty of his purpose in thus attempting to fix a formidable name on the agglomeration of two or three simple boils. Let us inquire what "carbuncle" really is, and what the water boil really is.

"Carbuncle," says Dr. COPLAND,<sup>1</sup> "has very generally been confounded with malignant pustule."

This is so true that, putting aside non-professional persons, who evidently attach the idea of mortification, &c. to the term, (on which account we presume the reviewer employs it,) we venture to say that seven out of ten medical men, if asked to define carbuncle, would call it "a *malignant* tumour." The author just cited offers a distinction between carbuncle and

<sup>1</sup> Dictionary of Practical Medicine, p. 1056. Art. *Furuncular Diseases*.



common boil by representing the latter as "having only a single opening, being smaller and more conical, and by several appearing in succession." Now, although the critical boil of the Water Cure sometimes (by no means always, nor even in the majority of instances) has more openings than one and is not so conical nor narrow based as a single ordinary boil, yet it agrees with the account of this last in appearing in more than one place. To reconcile the discrepancy and to fix the true character of the water boil, we beg to refer, *first*, to the opinions of DUPUYTREN<sup>1</sup> and RAYER,<sup>2</sup> who describe carbuncle as "a tumour formed by the conglomeration and confluence of several boils:" *secondly*, to the facts announced by Dr. CRAIGIE,<sup>3</sup> viz. carbuncle "is accompanied by sickness, languor, restlessness, and sleeplessness: that the patient generally suffers much headache and thirst, and his tongue is loaded with a thick, brown, dry fur: that he generally loathes food, and in some cases vomits more than once: that he raves, faints," &c. &c.; and *lastly*, to the predisposing causes of carbuncle, which are laid down by Dr. COPLAND,<sup>4</sup>

<sup>1</sup> Lectures in the *Lancette Française* for March 1833.

<sup>2</sup> Theoretical and Practical Treatise on Diseases of the Skin, translated by R. Willis, p. 549.

<sup>3</sup> Elements of Practice of Physic, vol. i. p. 640.

<sup>4</sup> Loc. cit.

as consisting in “high, rich, or gross living, with insufficient exercise, a full, gross habit of body, and neglect of personal cleanliness,”—causes, which, he says, “not only predispose, but even more directly produce it.”

It so happens that the Water Cure boil is never accompanied with the constitutional symptoms above recited by CRAIGIE ; the patient loses neither sleep nor appetite : there is no disorder of the tongue nor, by any chance, any vomiting : and delirium and fainting are circumstances altogether unknown in its history. If any of the patients treated by us at Malvern, who have had the crisis of boils, will assert that any one, or all of these symptoms of carbuncle, usually so called, accompanied such crisis in their persons, we are ready to give up the point, and allow that the Water Cure boil is of the genuine carbuncle species, and of a dangerous character. In the meantime, as the like cause generally produces the like effect, and as the boil induced by our treatment does not produce the same symptoms as the “carbuncle” of authors, we are justified in denouncing the dishonest motive displayed in attaching that much-feared name to it.

Further, it so happens that the Water Cure boil, so far from being connected with “high, rich, and gross living, with insufficient exercise, with gross

habit of body, or with neglect of personal cleanliness," as is the case with the "carbuncle" of authors, appears, after strict but nutritious dieting, abundant exercise, diminution of morbid fulness of habit, and, most assuredly, after no neglect of personal cleanliness, if water applied in all manners can clean the human skin, or purify the human frame. The identity of true carbuncle with the water boil thus fails in the comparison of causes, as well as of symptomatic effects: neither being traceable to the like causes, nor marked by the like results. Where, then, is the *honest* motive in maintaining their identity?

The only point in which they agree is the formation of more than one opening, in which case they also agree in the more extended base and less conical shape than an ordinary boil. But, as we said, this is an *occasional* occurrence only; in very many instances, none but simple and single boils are produced, to which it would be as fair to attach the name and attributes of "carbuncle," as to the larger species alluded to. What then is the genuine water boil about which such a hubbub is made? It is a conglomeration of several simple boils, and in so far, according to DUPUYTREN'S and RAYER'S definition, a carbuncle; but inasmuch as these are generated in, and are indeed the signals of, a body cleansed of

its grossness and impurities after weeks or months of wholesome diet, exercise, and watery applications, and not of a body in all the flush of dietetic iniquities, these congregated boils have neither the carbuncular discharge, nor are accompanied with the severe and dangerous constitutional symptoms attendant on the genuine carbuncular inflammation. Inasmuch, too, as the danger of an external diseased point is in exact proportion with the condition of the stomach, and other vital organs within, and these are invariably put into order *before* the appearance of a crisis of boils, the reason wherefore these latter induce no constitutional derangement, and are therefore attended with no danger, whilst the “carbuncle” of authors is, will be clear to the reader. The water-boil *of the most extensive kind* is only a “carbuncle” in the arrangement of the several boils which form it; in all other particulars it is no more a carbuncle than an ephemeral pimple on the nose is: nor is there any reason why persons—great or small—should be “dead from it,” as the sapient Quarterly reviewer somewhat gleefully anticipates.<sup>1</sup>

<sup>1</sup> Whoever the writer of the article in the Quarterly Review entitled “Brandy and Salt, Homœopathy, Hydropathy,” may be, he is certainly neither a learned nor a forcible writer; but he endeavours to supply this deficiency by a copious use of the most stale tricks of the most vulgar reviewer. Thus in the

“ But,” we may be told, “ you have quoted a case in which death occurred from water boils.” Not so : we denied the chain of causality in that

title of the article he would have the reader impressed with the idea that the juxtaposition of brandy and salt, homœopathy, and hydropathy, implies also their parrallelism as remedial means in disease ; whereas brandy and salt is one remedy employed only in one way, whilst homœopathy is a new plan of employing a vast number of the old medicinal remedies, and hydropathy is the systematic employment of water in a great variety of ways. Whence it will be perceived that in fact and in candour they have not the remotest connexion with each other. But as the object of the reviewer is to bring them all under the category of “ quackery,” on which he perorates, it is convenient to make such connexion appear, although this is done more coarsely than cunningly.

But further : by an enunciation of various individual remedies which have taken possession of the public mind from time to time, such as tar water, Mrs. Stephen’s powder, metallic tractors, mustard seed, &c. &c., he strives to place the Water Cure on the same level as these wonders of a day. Throughout the article he also preaches up the infallibility and foresight of the medical profession, and shows up the gullibility and shortsightedness of the general public, with reference to these remedies. The former he pictures as altogether incapable of adopting any remedy without the most accurate and repeated examinations of its powers, and therefore as altogether unlikely to be carried along by the stream of public opinion in these matters. And he closes this part of the subject with these words : “ What has been already stated will of itself sufficiently explain how it

instance until all the links of treatment were inserted: and our denial is justified by the proceedings of the patient up to the time of his application

is that the medical profession, as a body, are led to form a different estimate of the dealers in nostrums, and proposers of short cuts to cure, from that which is formed by a large portion of the public. *The former are behind the scenes, and know all the secrets of the pantomime. The latter only see the performances, and, where the tricks are cleverly managed, it is not very wonderful that they should sometimes mistake them for realities.*”

Now, as regards the Water Cure, we would ask what the “secrets” are, beyond those which medical education in the capabilities of the human body imparts to its practisers? Is there, can there possibly be as much mystery, juggling, or pantomimic play in that mode of treatment, as in the method which, by the complexity of its agents, and by their prescription in a jargon unintelligible even to Latin scholars, sets at defiance all inquiry into its machinery by any one, save the few “who are behind the scenes?” Books are published in plain English, describing all the processes of the Water Cure, how and when they are to be applied: there is no necessity for macadamising technicalities, as is the case in works on drug medication; and, if we are to credit our medical brethren, it has not even the mysterious power of novelty to recommend it. Where then are its pantomimic characteristics? May we not venture the opinion, that the dislike of the Water Cure entertained by a great part of the medical profession, is based on the very fact that it admits the public behind the scenes, that it gives no scope for pantomimic tricks, that it trenches upon, nay, demolishes all opportunity of, professional craft,

to a physician,—proceedings that would strain the organic powers of a much stronger man than he appears to have been. Before we assert *what* killed the patient, let us hear what the physician did.

and thus renders “the medical profession, as a body,” liable to the eager questioning of anxious and suspicious sickness? And shall we own the judgment which, while it seeks to brand so overt a system with the name of quackery, sees not the far closer resemblance between that other system whose remedial agents are unknown and unknowable by the community, and those compounds, the knowledge of which is forbidden by the Stamp Office, and hedged about by a patent?

But granting that “the medical profession, as a body, are behind the scenes, and know all the tricks of the pantomime,” what shall be said when we find that, on repeated occasions, they have been duped by members of their own body into the very belief in panaceas for which the reviewer visits the stupidity of the laical public? Yet it were by no means a difficult task (though scarcely worth the space) to lay down a minute historical sketch of professional delusions regarding the infallibility of individual remedies quite as complete and monomaniacal in character as any under which the public have at any time laboured. And in such case *fox-glove* might be pitted against *tar water*; *Fowler’s Arsenical Solution* against *Mrs. Stephen’s powder*; *drawing of blood* against *metallic tractors*, and so forth. For several years *fox-glove* was given, and with strongly-asserted success, in diseases of the most opposite character; but the profession waxed weary of it. *Bleeding*, with *calomel and opium*, then composed the heal-all, and all but im-

Let it be understood, however, that we by no means class ourselves with those practisers of the Water Cure who appear to consider *a crisis of boils* essential, and who, therefore, are much given to stimulate. It was supposed attainable thereby; but the remedy, as well as the patients, were found to be mortal. *Iodine* had a short but brilliant reign: no matter what the disease, iodine figured in the prescription against it, for a time, and, according to authors, cured all sublunary ills; but it fell, and, as the reviewer says, “furnishes another instance of the transitory nature of earthly glory.” *Prussic acid* filled the professional head for some years; it was applicable in—ay, and cured—all manner of ailments, consumption not excepted. In 1826, Sir H. Hall prescrib'd *broom tea* for the Duke of York, and straightway its Latin name (*Cytisus scoparius*) was detectable in almost every prescription written. Not to prolong the list, we may just add, that some time last year an ingenious chemist in London hit upon the *citrate of iron*, a soluble salt which makes a beautiful maroon-coloured mixture highly pleasant to the sight, and tolerably so to the taste, puffed it well, sent parcels of it to a few fashionable physicians, and that at this time any one may make a safe wager that it is to be found in eight out of ten prescriptions, whatever the disease may be pronounced.

Thus it appears that our medical brethren, although behind the scenes, are as liable to be deceived by the tricks of pantomime as the so-called besotted public; the only difference being, that the former are content that the tricks should be played with the old machinery newly arranged, whilst the latter, tired of the same manœuvres, seek amusement or benefit



multate the system without precise measurement of its capabilities. Let it further be understood, that were we bent upon such coarse practice, there is scarcely more than one case in twenty in which it is *possible* to induce the crisis in question. Of upwards of five hundred patients who have been under treatment at Malvern, not more than twenty-two have had an eruption of boils, large, small, or conglomerated. But we can truthfully aver that not one of these was deprived of an hour's sleep, nor debarred the usual exercise and diet for a single day; and, as we said before, there is no reason why they should be, if sufficient measurement of the constitutional powers of the individual be made throughout the progress of the case, and common sense with

from some fresh source. The Water Cure breaks up the old machinery and repudiates all tricks; this is the undoubted reason for its unpopularity with the medical profession, and should be, if the reviewer's estimate of the general public be correct, a reason why that public should *not* receive it. Holding the public mind of 1843 in higher estimation, we opine that it receives the Water Cure for the same reason that the profession revile it: its wide-spreading popularity is the triumph of simplified art and common sense over mystifying practice and complicated craft. Surely out of the medical ranks a more learned, and more forcible defender might have been found than the trashy stuff of the Quarterly Review shows its author to be?

simple means take the place of mystifying practice with complex means, when boils make their appearance.

But how does it happen that the public have only boils and "carbuncles" held up *in terrorem*,—that species of crisis which is the most *rarely* obtained? We think this question has been answered in the preceding pages. Yet it were well that the reader should further learn that other crises exist to which neither the formidable prestige nor name of "carbuncle" can, even by an effort of trickery, be appended.

There is the *simple efflorescence* of the skin which is apt to occur in females.

There is also a *scattered and itching eruption* of pimples scarcely above the level of the skin, which is not an infrequent termination of nervous cases.

There is the crisis of *an attack of fever* of a few days' duration, a very desirable ending of inveterate hypochondriasis.

There is the *critical sweating*; and the *exudation of glutinous, acid, and sometimes foetid matter*.

Any of these is much more frequently met with, in the treatment of chronic disease, than the boils, the appearance of which depends quite as much on the constitution of the individual, as on the appliances of the Water Cure; for, as we said, in some

constitutions it is impossible, do what one will, to produce this last-named species of crisis.

Another fact which is, through ignorance or for a purpose, kept out of sight is, that, in a great number of cases, it is altogether unnecessary to have a crisis of any kind on the external surface. Where disease is not of very long standing, or where it has not been exasperated or complicated by mode of life or irritating medication, all that is required from the Water Cure is to remove causes, and to place the organs in such a position that they shall be able to cast off disease without any extraordinary efforts. Thus, in instances of functional disorder of the liver, occurring in young men, and the product of youthful absurdities of irregular hours and the "wassail bowl," a short course of water drinking, wet sheeting, and hip-baths, will bring on a mucous and bilious diarrhœa, which is to all intents critical, and terminates the complaint. Here, by improving the condition of the skin, and making it perform its share of the vital processes—which the wet sheet and exercise do: by drawing blood towards the lower bowels—which the hip-baths do: and by diluting constantly the morbid secretions of the stomach, liver and bowels, as well as stimulating the nerves and muscular coat of the intestines by the combined cold and bulk of the water—which the water drinking does; the

diseased liver and mucous membrane of the alimentary canal are placed in such a condition as to be enabled to relieve themselves, and this they do by pouring out an extraordinary quantity of bile and mucus; and what may be called an *internal crisis* is in this manner effected: to attempt to improve upon which, by endeavouring to bring on an external crisis also, is altogether superfluous. It may be said that a mercurial and a purgative would do the same; but there is a wide difference between placing the parts so that they may relieve themselves, and *forcing* them to an unusual secretion, the former leaving them free after a natural effort, the latter leaving them exhausted after the unnatural and excessive effort consequent on the irritating stimulation of the medicine; add to which, that in the one case the antagonistic surface of the skin is brought into play, and acts as a derivative from the internal skin, whilst in the other it is utterly neglected, and the whole vehemence of the remedies is left to play upon the already excited mucous membranes. In short, when diarrhœa occurs consequent on the natural endeavour of the organs, it is truly critical and permanently beneficial. When it is a process forced upon the organs in order to rid themselves, *not of the primary disease, but of the secondary irritation of the medicines*, it is not a genuine crisis of the digestive disease,

but of the drug disease set up for the nonce, and the former therefore remains untouched, notwithstanding the outpouring of bile and mucus.

Again, in acute disease, *sweating* is the most common crisis induced by the Water Cure. But mark how it is induced. After repeated wet sheets, the patient is laid in bed, drinks water, and sweats. Or, in chronic disease, he is laid in blankets until the skin begins to act, when the process is aided by draughts of water. In either case the sweat is critical: for the treatment has on one hand placed the internal organs in a condition to throw off their disease, and, on the other hand, has rendered the skin the part by which they should relieve themselves. Meantime no irritation whatever has been applied to them, so that when sweat flows they are relieved of the original and only irritation which obtains in them. Contrast with this safe and simple mode, the irritating process implied in the production of sweat by medicinal sudorifics, which are usually emetic drugs—tartar emetic, ipecacuanha, James's powder, &c. and therefore the most violent stimulants to the digestive organs. In fact, it is by arousing an excessive irritation in these last that sudorific medicines act: the internal organs striving hard to throw it on the surface. But inasmuch as the medicines have produced additional irritation in the already irritated

stomach, the effort they induce only suffices to cast off the morbid state themselves have caused therein, and the original malady remains untouched—the sweat is not critical, and the mode of causing it is injurious. That such is the case is corroborated by the fact, that in the drug treatment of common fever, for instance, or acute rheumatism, sweating may be continued for days together by these means, and the fever and pains actually get worse : and why ? The sweat is the effort of the body to rid itself of the irritation of the medicine, and not of the original diseased condition of the internal organs. And such will ever be the case when sweating is induced by internal irritants. The father of medicine, HIPPOCRATES, never employed them for the purpose, but simply poured warm water over the head and body, and then heaped clothes on the patient.<sup>1</sup>

Here, then, are two well-recognised critical acts—diarrhoea and sweating—brought about by the processes of the Water Cure without the damage to the internal parts which attends the operation of purgative and sudorific medicines, and with infinitely better claim to be truly critical of the malady for which they are induced. They are very common also in the course of the Water treatment, and, in this particular, bear a proportion of ten to one at least as

<sup>1</sup> Epidemicorum Historia, lib. vi. sect. 2.

compared with the crisis of boils. Wherefore, then, are these spoken of as the *only* crisis, whilst those are not even alluded to? Is it ignorance or something more reprehensible?

As regards the crisis of a *feverish attack*, it is most desirable and most frequent in cases of long-standing hypochondria, and other forms of nervousness. For, the essence of those intolerable complaints, consisting in the concentration of irritation on the *nerves* of the internal organs—those of the stomach especially,—the advent of a feverish attack, shows that the internal mucous membranes and the external skin have become the receptacles of that irritation: and the nervous system gets relief by the transfer. Other diseases, which are not on the nerves, produce the same result. Dr. COPLAND says; “Hypochondriasis has been removed by the supervention of other diseases, as diarrhoea, dysentery, fever, jaundice, dropsy, &c. ;”<sup>1</sup> in which he only confirms the statements of all writers on the subject of nervousness. In a work on Neuropathy, published some years ago by one of the present writers, it is stated; “A sudden attack of acute inflammation, or the origination of a smart fever often dissipates neuropathic symptoms. Many curious cases are related by HOFFMANN and VAN SWIETEN,

<sup>1</sup> Dictionary, p. 266. Art. Hypochondriasis.

of nervous individuals who were permanently cured by small-pox, critical evacuations of blood and sweat, collections of matter, cutaneous eruptions, &c.”<sup>1</sup> This occasional interference of Nature to rescue the individual from tormenting sensations is copied by the Water Cure, and a feverish attack of a few days duration, and easily managed by wet sheets, is the crisis it usually brings about for such cases. The same might be roused by internal irritants, violent tonics, mercurials, and such like : but inasmuch as these are applied to the nerves of the stomach, wherein the essence of the malady lays, it forms, as in the previous instances, only a drug fever, and the exhaustion consequent on the excessive excitement of those nerves, leaves them in a worse condition than ever. “ My objection,” says Dr. COPLAND,<sup>2</sup> “ to mercurial purgatives in hypochondriasis, are not altered by what has been advanced by WINTRINGHAM, RIEFF, CURRY, and others, in their favour. At the commencement of this century, a calomel epidemic prevailed in British practice, and this medicine was prescribed very generally, and very often injuriously, in this and many other complaints. The repeated doses of it, directed by the late Dr. CURRY,

<sup>1</sup> An Exposition of the Symptoms, &c., of Neuropathy or Nervousness, by J. M. Gully, M. D., p. 23.

<sup>2</sup> Ubi supra, p. 270.



not unfrequently aggravated the disorder, or converted it into melancholia." If our learned friend, the author of this sentence, had said, "during the whole of the passing century," his remark would still have been true. It is true also, that nervous patients will prefer a feverish attack, which terminates their torments in health, to the aggravation of their disorder, and its conversion into insanity, even although the former be caused by heterodox water, and the latter by orthodox physic.

Another form of crisis deserves a few words ; we allude to the exudation of glutinous, acid, and sometimes foetid matter from the surface of the body. This takes place either in the sweating process, or in the wet sheet applied over the whole skin. Occasionally, also, it occurs under local compresses, on the belly, on the joints, &c. The glutinous and foetid matters generally proceed from those whose stomachs have been deteriorated, and blood vitiated by a long course of mal-digestion and long-continued attempts to remedy it by purgatives, especially those of the vegetable kind, senna, aloes, scammony, and so forth. At this time we have a patient from whose abdomen a brown glutinous matter, redolent of aloes and scammony, is oozing, staining the compress, and rendering it, as it dries, as stiff as if it had been well starched. This patient had essayed, during ten

years, all kinds of medicinal remedies for the cure of headache. After mercurial courses the exudation on the belly compress stains it of a bluish colour. As regards the odour of these cutaneous excretions, they sometimes resemble that of a mouse: at others they have no fixed resemblance, but are intensely fœtid, especially when the patient is coming out of the wet sheet. This last is not unfrequently rendered rose-coloured by the vapour from the body, which, in such case, is of an acid character. The gouty and rheumatic exhibit this most commonly; but it is also found in several forms of indigestion, particularly when the function of the liver is diminished. Eliminations of morbid matter of this kind constitute the only crisis in the great majority of cases that are treated *properly*.

But in very many instances there is no perceptible crisis whatever. Take the case of a suspension of the evacuations of the bowels, or of that of the womb; in these the derangement of the whole system depends on the retention of what should be given out by those organs. The Water Cure re-establishes these evacuations, and the rest of the system returns to its healthy action; in which act no critical phenomenon is at all necessary. And such cases are frequent. But if, in addition to the original morbid state which caused the retention, another one shall

have been erected by the irritative character of the means previously employed against it, the patient will not be cured, even though the bowels and the womb return to their function, inasmuch as, besides the injurious impression made on the nerves by those means, they have assisted in forming diseased blood which is circulating through all the organs, and imparting to them an unnatural kind and degree of vitality. In cases of this sort it is desirable to have some of the crises above enumerated; and, as we before said, the particular crisis will depend as much on the constitutions of the individuals as on the processes employed: and these should be applied after an exact measurement of those.

To sum up the principles and the facts of the crisis.

Whenever an organ or series of organs in the state of morbid excitement, which is present in acute and chronic disease, is placed, by art, in a condition to cast off that excitement, the act is announced by a change in some other organ, or series of organs.

This change is a crisis.

The nature and amount of this change, as well as of the organs in which it takes place, depend on the constitution of the individual, the nature and amount

of the means employed, and the part to which they are applied.

But as this change never takes place until the organ first diseased has cast off its morbid excitement, the change alluded to, i. e. the crisis, does not itself relieve the former, but is a signal that it has relieved itself; in the same manner that tears do not bring relief to the mind, but are a sign that relief has been brought. It is for this reason that a crisis of some sort is desirable; it is an evidence of good having been effected.

Still as, after all, the crisis is itself a morbid state, it is desirable to produce it on some organ not immediately and strongly connected with the central vital parts, the stomach and bowels, brain, &c.

For the same reason, a crisis appearing, it is unnecessary and imprudent to urge the means with the view of increasing its amount. It is a sign of relief, and should be accepted as such simply.

Now the processes of the Water Cure place the primarily diseased parts in a state to cast off their excitement: they further tend to make the skin (an organ not immediately involving the great central organs) the recipient of that morbid excitement; and it remains for the practitioner to regulate the amount of this new excitement or irritation, not suffering

boils, eruptions, sweat, &c., to tax the powers of the patient beyond the requirements of the case.

When the malady consists simply in the retention of some evacuation, and is not of such standing as to have vitiated the circulating blood, the restoration of the evacuation is in itself a critical act, and no change in any other organ is likely or desirable. The early stages of constipated bowels, of retained monthly flow, or of suppressed perspiration, come under this category.

When also the organic constitution of the individual is of a vivid character, and the disease of the internal organ of comparatively short duration; this last is found not unfrequently to throw itself on some other internal organ which does not so much involve the centres of life: then is there an *internal crisis*. This has been instanced in the appearance of loose bowels after irritated stomach and liver, which being more important parts, have their disease carried off by the lower bowel, a part of infinitely less importance to the individual's life. The same applies to the pouring off by the kidneys of acid and saline matters, as sometimes is the case.

Thus the crisis effected by the Water Cure occurs either on the skin, the lower bowel, or the kidneys, the parts which Nature, when she is allowed to ter-

minate disease by her own efforts, chooses for the same purpose. In doing this the practitioner of the Water Cure only follows Nature; but to hear the hue and cry about the crisis, one might imagine such an act had never been perpetrated by Nature, or assisted by art, before the time when Priessnitz developed his mode of treatment. Yet it would perhaps be difficult to find a subject in the whole range of medicine which has engaged the attention of so many eminent medical writers, from HIPPOCRATES,<sup>1</sup> to CULLEN,<sup>2</sup> RICHTER,<sup>3</sup> FRANK,<sup>4</sup> HILDENBRAND,<sup>5</sup> KREYSSIG,<sup>6</sup> who all insist on the importance of acting upon the broad hint given by Nature for her own relief. And the crises enumerated by all authors are precisely those we have alluded to, not excepting the terrible *boils* which our medical brethren would fain make the world believe had never been heard of. The fact is that the *nimia diligentia*, the incessant activity of the ordinary mode of medication could ill brook the slower but surer processes of Nature, and nothing

<sup>1</sup> Opera. ed. Vander Linden, t. i. *et passim*.

<sup>2</sup> Works by Thomson, v. i. p. 593.

<sup>3</sup> Die Specielle Therapie, b. i. p. 57.

<sup>4</sup> De curandis Hominum Morbis, v. i. p. 56.

<sup>5</sup> Institutiones practico-medicae, v. i. p. 66.

<sup>6</sup> Encyclopäd, Wörterbuch der Medicin, Wissenschaften, b. 3, p. 646.

serving but to *force* the disease, the observation and the doctrine of critical acts on the part of the body were merged in flashy attempts to produce sudden and extraordinary results by operating with violent remedies on the vital organs themselves. These being diseased, attempts were made to change the degree of action in them or to transfer that action to other vital organs, whereby rapid, but often disastrous results, and invariably deceptive as regards *cure*, were obtained ; in short, one disease was masked by creating another. Thus, when the liver secretes bad bile, or secretes it sparingly, calomel is given to *force on* a new action which, *for the time*, causes a better or more copious supply of that fluid, the exhaustion after this process of forcing is over leaving the liver in a more helpless state than ever, besides producing an inflammation of an important vital organ, the stomach ; whereas by inducing sweat on a less important organ and diluting the contents of the stomach and bowels, a crisis is produced on the skin indicative of the liver having *relieved itself*. Had not the rage for medication blinded the eyes of observation, it would have been clear that *sweating* is the crisis which Nature chooses in the kind of liver disease just mentioned. But Nature alike and her crises go for nothing in modern English medical practice. Both have been lost sight of in the rank growth of phar-

maceutical weeds; and, accordingly, when in these days the importance of attending to them is re-asserted, as in the Water Cure, the great mass of practitioners look upon them with as much horror and disgust as if they were ghosts risen from the grave to remind them of their sins of omission,—sins which have also led to those of commission.

It has been said above, that a crisis is the signal that the internal disease is relieved. It is, in fact, an effect not a cause; it does not bring about a cure, but is an evidence that a cure is brought about. “Much mischief,” says Dr. Copland, “has accrued from considering critical evacuations as the causes, and not the consequences, of changes that take place in the economy.”<sup>1</sup> This is most true; and it is an error into which persons who are foolish enough to treat themselves, and they who are impudent enough to treat others, without having a medical education, are liable to fall. Being a good sign, they think they cannot have too much of it, and therefore go on exciting the already irritated skin, until the very crisis becomes a source of disturbance to the entire system of the individual. This egregious blunder would appear to have been perpetrated in many cases in the Water Cure establishments of Germany, which are undertaken by non-medical speculators, and there

<sup>1</sup> Dictionary of Practical Medicine, p. 446. Art. *Crises*.



can be small wonder if similar mischief should attend the ignorant attempts of similar traders in this country ; men (and women too !)<sup>1</sup> who, after breaking down in various callings, take to the treatment of disease as if it were only a series of baths, and take

<sup>1</sup> Thus a Miss Somebody distributes "a card," informing the world that "having completed a course of study and practice under Professor Thingummy at the Hydropathic Institution at ——, she can now be consulted, &c." Who the professor may be, who made him such, or when he could have learned the Water Cure, we know not ; we only remember to have once seen some such name as his painted over the shop of a pains-taking apothecary in the village alluded to, and to have heard that he is a retired serjeant of the guards. But be he "professor," apothecary, or serjeant, he must possess astounding tact in communicating, and Miss Somebody must have superhuman aptness in receiving, in a few weeks, the requisite amount of information to render her "consultations" either desirable or safe. If the "professor" desires fair play for the Water Cure, he should repudiate similar abuses of his professional name. So also in other places we find people advertising the price of each process ; so much for "a perspiring couch," so much per minute for the douche, &c., as if these were to be taken at the sole will of the patient and paid for as they are at "bath and billiard rooms." To such disgusting vulgarities there must ere long be an end, but in the meantime we point them out only to protest against their perpetrators being considered as having the smallest knowledge of what the Water Cure or its aim is. Under such "professors," it or any other plan of treatment would be dangerous.

measure of the patient's purse rather than of his constitutional powers. But where by a strict examination of these latter, and a nice and regulated adaptation of the processes of the Water Cure to them, the efforts of Nature are assisted towards a crisis, and this received as a favourable omen of cure, but not exaggerated by treatment into a new disease, it is no more a subject for alarm than is the outbreaking about the nose and mouth in a simple cold in the head, of which it is a crisis. Meantime, the same medical observation and reasoning which are necessary to determine how best to aid Nature in this matter, are also requisite to distinguish between a true and a spurious crisis, the latter being a not unfrequent occurrence in the course of the salutary struggles of the economy. As, however, the phenomena which determine this include many minutiae of the pulse, condition of the brain, &c., it forms too extensive a subject for the pages of this volume, and is alluded to *inter alia* only to show in how many ways the ignorance of the pretenders to the practice of the Water Cure may serve as a weapon of attack on the treatment itself.

But if it be an important error to mistake the crisis of disease for a cause instead of an effect, and to act upon it, the interference with this effect is not a less serious error, and may lead to most disastrous

results. The acute writer last quoted justly remarks that if crises be “interrupted by accident *or by an injudicious and meddling practice*, they are followed by unfavourable metastases (transfers of disease) and complications, or sequelæ, sometimes terminating in organic change and death.”<sup>1</sup> And further on<sup>2</sup> he observes :

“The large depletions and the copious and repeated alvine evacuations very frequently resorted to, often manifestly prevent the accession of regular crises,—1st, by debilitating the patient, and thereby rendering the vital resistance insufficient for their full evolution ; and 2nd, from the circumstance of these means of cure being substituted for artificial evacuations, or crises, and preventing by anticipation and substitution those which are natural.”

It is against these artificial crises induced by medicines and bloodletting that we protest ; they merely mask the original disease, and are the *cause* of its temporary disappearance, and not the *effect* of its final expulsion by the diseased organs. Like modern miracles, they are shams, deceiving for a period the practitioner and the patient, but attended with ultimate discomfiture to both. The attempt to heal the wounds of Nature by constraining her, may appear a brilliant idea, but is a deceptive and disas-

<sup>1</sup> Dictionary, *ubi supra*.

<sup>2</sup> Loc. cit. p. 448.

trous practice. You may speedily relieve the breathing in pleurisy by copious bloodletting; but what frequently follows on this artificial crisis of blood? Dropsy of the chest—one of the most intractable and dangerous diseases. You may ease bilious headache in an hour or two by a strong purgative; but you get stomach inflammation instead. And in both these instances you prevent the true natural and curative crisis by sweat on the skin.

So also in the extrinsic efforts of the internal diseased organs aroused by the processes of the Water Cure, and tending towards a crisis, if “injudicious and meddling practice,” such as the introduction of medicinal and dietetic stimulants, be resorted to, not only are those efforts checked, but confusion, perhaps of a hopeless character, is substituted for the rhythmical tendencies of the organs towards self-relief, which existed. Still more cogent is the objection to this meddling, when a crisis of boils has been rendered excessive by imprudencies on the part of the patient and ignorance on the part of the practitioner of the Water Cure, as in the case previously quoted (at page 24.) If bad practice caused this excess of critical action, making it a source of irritation to the system, the pouring in of stimulants is certainly making bad worse. It is precisely as if, during the eruption of small pox, a quantity of spirits

or drastic purgatives were administered to the patient, the result of which would be to throw the internal organs (of whose tendency to self-relief the eruption is a sign) into new and more dangerous disorder than before ; and we have seen such illustrations, as regards purgatives, in actual practice.

A practitioner therefore who has induced, by the processes of the Water Cure, a crisis of any of the above kinds, and who has good data for pronouncing it a true one, ceases at once those processes, and confines himself to the local treatment of the crisis if it be of an eruptive and local character ; and this soon subsides with the subsidence of the internal effort which the treatment had aroused. And this local treatment consists in the application of moist linen or lint frequently changed.

If the eruptions be so general (as sometimes happens with the itching crisis after nervous disorders) as to preclude more local treatment, tepid ablutions, either by sponging or in the shallow bath, are had recourse to frequently, in order to diminish the prurience of the skin.

In the case of an internal crisis of diarrhœa, all that is requisite is, to watch the pulse and the indications of the patient's powers, so as not to allow of their excessive depression, and to arrest it within that point. This is readily done by injections of

cold water, the cessation of all treatment except short sitz baths, and occasionally by warm fomentations over the abdomen. More generally, however, nothing is required but to cease active treatment. Critical urine ceases of its own accord after the deposition of certain white or red matters which render it turbid, or of lithic acid, which gives a carmine sediment.

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So much for the CRISIS OF THE WATER CURE, about which more nonsense has been uttered and ignorance exhibited than can be comprehended, except on the theory of dishonesty propounded in the early pages of this volume. That the fears instilled into the minds of non-professional persons by professional men have had the effect of deterring many of the former from attempting to obtain from the Water Cure the relief which the latter cannot give them, is true; we have had abundant evidence of this, in the letters of invalids, who, in many instances, quote the confession of their medical attendant that "he has done all that can be done," yet who still remain untouched in their maladies. But having strong faith in the ultimate triumph of Truth and Facts over Error and Falsehoods, we may safely

leave the question to the arbitration of time, which ever lays bare the merits and demerits of whatever subject is obscured by present prejudice and partizan interests. TACITUS says, "*Veritas visu et morá valescit*,"—truth is established by investigation and delay: let it be so in the present instance; but let not those who, flattering themselves that the Water Cure is an ephemeral mode of treatment, seek to bring it into early discredit by reckless statements, also flatter themselves that these will stand as a substitute for investigation or always pass current for truth, even with the greatest *gobemouches*. Cases cured are now daily spreading the real facts of the Water Cure over the kingdom, and sooner or later, whether our medical brethren think fit to investigate it or not, whether they persist in their wild assertions regarding it or not, these facts, in the shape of recoveries after all other treatment had failed, will verify our remarks on the Water Cure as well as on its detractors. The *crisis* may serve their purpose for the nonce; but they would scarcely take the pains they do to misrepresent it and other points, did there not exist in their minds a suspicion that the *crisis* of the effete system of medication is involved in the advance of simplicity and of nature, as these are embodied in the Water Cure.

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From the OPINIONS adverse to the Water Cure as a system of medical treatment, we pass to the REPORTS which have been scattered abroad concerning our practice of it at Malvern. These will require a very short notice ; since, beyond our strong negation, their falsity can only be proved by a reference to those who have witnessed or experienced our treatment and its results. To each and all of these we confidently appeal, desiring them to make publication, in any way that admits of reply, of all accidents in the course of, and of all deaths consequent on, our treatment of disease by the Water system in this place. Let this be done by themselves, or by others authorized to do so, should there be delicacy in making public their names ; but let the circumstances involved in any accusation be minutely given, and not in the slipshod manner which usually attends an improper, but never a truth-seeking, motive. Above all, let it not be done in the whispers of a coterie, nor handed about in society and upon occasions in which further inquiry would be deemed impertinent and a doubt insulting. To call this mode of statement a *rumour* is to give it too dignified a name ; it is the small, low, pettifogging, malicious gossip, of small, low, pettifogging, malicious minds. And were it



not a duty to show the latter to the world in their microscopic meanness and grovelling impurity, we should not trouble ourselves to recapitulate, as we now proceed to do, two or three of the falsehoods which have been repeated to us after being uttered by men whose self-gratulation on possessing the highest respectability would appear of exceedingly doubtful right, were it lawful to mention their names.

Thus, a surgeon of considerable renown condescends to state for the benefit of a party assembled at the dinner-table of a well-known political personage, that "he *knew* of several instances in which death had been produced during the water treatment at Malvern." Another medical man present at the time, not doubting, from the professional station of the reporter, of the truth of his report, repeats this in a written form, and we thus hear for the first time that several of our patients were dead without our discovering it, although in the habit of seeing them at least three times a week. Wine is said to develop the genuine characteristics of a man ; if so, we have to remark that in the instance before us, truthfulness is not one of the virtues constitutionally resident in the surgeon alluded to, for the host's wine failed to elicit it : a more impudent or more malicious falsehood could not proceed from one utterly uneducated and ignorant of all moral responsibility ;

what then shall we say of the morality of a person belonging to a learned profession, and placed among its highest seats, who scatters abroad as a fact what *he knows to be false, what he cannot prove to be true*, what, if true, would, and should too, long ere this, have found its way into every printed paper to which the medical profession has access? A single case of death occurs, during the crisis of boils, (though as we have shown, not therefore in consequence of the crisis,) a case treated at some place on the Rhine, and every one is aware how much is made of it; is it likely that "several cases" of death, could have happened here in Malvern without a blazon as complete and extensive as a hundred professional pens could make it, were there the smallest grounds for their authenticity?

Another surgeon, of provincial celebrity equal to that enjoyed in the metropolis by the last referred to, in order to offer an air of greater precision and likelihood to his statement, actually gives *eight* as the number of patients who have come under his care after being sent from hence in a paralytic condition induced during and by our treatment.<sup>1</sup>

<sup>1</sup> We have treated some eight or ten cases of patients who came here with slight paralysis; but this, the reader will allow, is somewhat different from the fact of having produced it. Where and by whom was it produced in these cases?

As falsehood always *vires acquirit eundo*, we are not surprised to find a physician, not far removed from the Midland notable just hinted at, publishing that we have sent him *twelve* persons — *exactly twelve*!—crippled in palsy and rheumatism by that fearful agent, water. We are further not surprised to hear that upon his being addressed by a lady of rank, who had been under our care, to give her the particulars of these cases, as a duty he owed to society, he returned no answer whatever to the demand. For although any blockhead may publish a falsehood generally, it requires a clever fellow to coin particulars, and knowledge of English composition to write them, in neither of which predicaments our veracious doctor stands.

We are unwilling to prolong the list of instances of similar mendacity, as we could do; first because they are intrinsically disgusting, and next because it is not our object to intrude what is personal to ourselves upon the reader, whom we rather desire to enlighten on what concerns the admirable plan of treatment we adopt in the cure of disease. Indeed we should not have adverted to these morsels of petty malice but to warn those who hear them that great or notorious names in art and science are not always to be taken as guarantees for orthodoxy in morals and truthfulness; all history affords examples of the minimum

of the latter coincident with the maximum of the former in those whom the interests of wealth, power, and a certain reputation will, nevertheless, not allow to keep a conscience,—that most expensive and to some unattainable portion of an establishment. Let the reader who hears the opinions of these great physicians touching the Water Cure recall, that knowledge of a subject is essential to a right judgment upon it, and let him inquire, after perusing this work, what they know about the treatment in question. And when he hears of the slaughter committed by water, let him turn to the *confessions of practitioners of drug medication recorded in these pages*, and say whether such persons are the best authorised to animadvert upon the destruction perpetrated by others, even supposing this to be more than the coinage of their own brains. Finally, let him remember that the surgeon who is skilful in the amputation of limbs may also be reckless in his operations on the characters of individuals: that the physician whom fashion has pronounced learned in uttering prescriptions, may also be capable of uttering libels:—the two attributes are quite compatible.

For ourselves and our own satisfaction, we have one convincing, unalterable fact to place against all that is stated in opinion and rumour to the prejudice of the Water Cure; namely, that OUT OF UPWARDS

OF FIVE HUNDRED PATIENTS TREATED BY THE WATER CURE AT MALVERN DURING THE LAST TEN MONTHS, NOT ONE DEATH HAS OCCURRED, NOR A SINGLE DISAGREEABLE RESULT, ATTRIBUTABLE IN ANY WAY TO OUR TREATMENT. Could the same be said of any other plan of medical treatment, especially when reference is had to the forlorn nature of the majority of the cases that are sent to us? And what does the announcement say for the "Dangers" of our mode of treatment?

The truth is, as we stated in the commencement, that interest and prejudice combine to misrepresent the facts, while ignorance blinds utterly to the principles, of this formidable innovation on the worn-out and inefficient system of drug medication. It is too much perhaps to expect from the human nature of the professors of this last that they should embrace that which stamps their own practice as foolishness; but claiming as they do to be members of a *learned and honourable* profession, it is but just to expect from their *learning* that they should study before they pronounce an opinion on a new treatment, and from their *honour* that they should propagate nothing but the *truth* concerning it.

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PROPOSITIONS ON THE PRINCIPLES AND PRACTICE  
OF THE WATER CURE.

The preceding pages being occupied with the refutation of opinions concerning the Water Cure, and of reports concerning ourselves as adherents of that mode of medical practice, it appears to us advisable to close this part of the volume with a resumé of the physiological and pathological bases on which the treatment is grounded. This is the more necessary as, among the many animadversions on it, uttered by those who, if they knew their profession, ought to know better, it is described as amenable to no recognized principles connected with the phænomena of healthy and diseased life. Moreover, this is necessary inasmuch as it will serve to demonstrate the absurdity and iniquity of persons attempting to practise the Water Cure, whose qualifications with reference to the knowledge of physiology and the capabilities of the human body are altogether uncertified, and who, as we before stated, are merely trading speculators. Now the following propositions will at once show that the applications of the Water Cure are in strict accordance with the facts and phænomena of the living organism; and that without an intimate acquaintance with these last it is utterly impossible to make the applications with safety to the patient or with credit to the practice or the practitioner.

Let the critical medical reader appeal, if he pleases, from our propositions to the doctrines of the schools as embodied in the works of the most celebrated modern writers on health and disease, and say whether we have not accepted those doctrines. In truth, the premises of health and disease, established by experiment and observation, stand untouched, as far as they go ; far be it from us to contravene them. It is only in the conclusions of practice that we differ from the great body of our medical brethren. We assert the perfect right to do this, so long as we can give scientific reasons for it. Such reasons are contained in these propositions. Time and experience are also daily accumulating facts of cure which come to the support of the justness of these reasons. And we subsequently offer a few cases in confirmation of the assertion.

I. A series of unnatural symptoms constitutes a disease.

II. This disease is referable to a morbid condition of some of the textures of the body.

III. All disease is originally acute, that is to say, the symptoms are more or less rapid and pressing in their character, and more or less characterized by fever.

IV. Acute disease is the effort of the morbid organ or organs to throw off their disorder upon some less

important organ or organs. Thus acute inflammation of the liver, stomach, or lungs, causes fever, that is, an effort to throw the mischief on the skin, the bowels, or the kidneys.

V. If, from the great extent of the mischief to be thrown off, and the feeble constitution, acquired or natural, of the individual, this effort is not successful, the body dies from exhaustion.

VI. If this effort be only partially successful, more or less of the internal mischief remains, but gives rise to symptoms of a less rapid and pressing and more permanent character. These symptoms then constitute a chronic disease.

VII. Except in the case of accidents to the limbs, we know of no disease which is not essentially internal. Skin diseases are invariably connected with disease of some internal organs, especially the stomach and bowels, and are regulated in their character and intensity thereby. This is so true, that where there is a skin disease the crisis effected by the Water Cure invariably takes place on the spot where it exists.

VIII. *Acute disease*, then, is the violent effort of internal and vital organs to cast their mischief on external and less important organs.

IX. *Chronic disease* is the enfeebled effort of the same organs to the same end.



X. But as from the diminished power of the constitution this is always ineffectual, the morbid state of the organs tends constantly towards disorganization, or what is called *organic disease*. This is more certainly the case, if the original causes of the malady are at work.

XI. Disease therefore is *curable* when the power of the system is sufficiently strong to throw the morbid action from a more to a less important organ.

XII. Disease is *incurable* when the power in question is insufficient for the last-named purpose; and when it has become organic, that is, when a change of structure has taken place.

XIII. From these premises it follows that the aim of scientific treatment should be to aid the developement of the power of the system and its efforts to rid its vital parts of mischief.

XIV. That mischief invariably consists in the retention of an unnatural quantity of blood in them, to the detriment of other parts of the organism,—a retention commonly known by the terms *acute inflammation*, *chronic inflammation*, and *congestion*.

XV. In endeavouring to develop the powers of the system, the dissipation of this inflammation or congestion must be constantly kept in view, as the end of which the constitutional efforts are the means.

XVI. But as the circulation of the blood everywhere is under the influence of the organic system of nerves, the power and efforts of these last are essentially to be strengthened in order to dissipate the inflammation or congestion referred to.

XVII. Curative treatment is therefore made through the instrumentality of the nervous system.

XVIII. Violent and sudden stimulation of the nervous system of the internal organs, is invariably followed by exhaustion and increased inflammation and congestion. Hence the impropriety of alcoholic and medicinal stimulants.

XIX. But the gradual and judiciously regulated stimulation of the nervous system according to the organic powers, conduces to the *developement* and *maintenance* of its strength.

XX. This stimulation is the more steady and certain in its results the more universally it is applied to the *entire* nervous system.

XXI. To the external skin, therefore, and to the internal skin, (as represented by all the lining membranes of the lungs and digestive organs,) this stimulation should be applied, those parts containing the largest portion of the nervous system spread through them.

XXII. *Pure air* applied to the lungs, *proper diet*,

and water applied to the digestive organs, and *water* applied to the external skin, fulfil this intention of stimulation and strengthening most effectually.

XXIII. Further, as that portion of the nervous system, (the brain and spinal cord,) in which the will resides, requires the developement of its powers, *exercise* of the limbs is requisite, the stimulation of the air, diet, and water aiding thereto.

XXIV. PURE WATER, PURE AIR, PROPER DIET, AND REGULATED EXERCISE, ARE THE GREAT AGENTS IN EFFECTING THE CURE OF DISEASE BY AIDING THE NATURAL EFFORTS OF THE BODY, THROUGH THE INSTRUMENTALITY OF THE NERVOUS SYSTEM.

XXV. IN THE DUE APPORTIONMENT OF THESE AGENTS, ACCORDING TO THE POWERS OF THE CONSTITUTION AND THE PHASES OF DISEASE, AS ASCERTAINED BY MINUTE MEDICAL EXAMINATION, CONSISTS THE SCIENTIFIC AND THE SAFE PRACTICE OF THE WATER CURE.

XXVI. As strengthening of the system by the regulated stimulation of the nervous system is the means, so the throwing off disease by more important on less important organs by that acquired strength, is the end of that practice.

XXVII. During the efforts of the system thus aroused for so beneficial an end, if agents are employed

which divert those efforts and tend to centre stimulus on the more important organs, augmented mischief is the certain result. Such agents are to be found in alcoholic and medicinal stimulants, applied to the internal skin and nerves: in hot and impure air applied to the external skin and nerves; and in exciting and factitious pleasures and anxious cares applied to the great centre of the nerves, the brain.

XXVIII. These and the *mal-apportionment* of the stimulation included in water, air, diet, and exercise, give rise to the only "Dangers of the Water Cure."

XXIX. The proper apportionment of the stimulation in question originates and maintains a steady effort of the system to save its vital parts at the expense of parts which implicate life less immediately.

XXX. The result of this effort is shown in one of the following ways: 1, the re-establishment of obstructed and suppressed secretions; 2, in the elimination of diseased matters through the bowels, kidneys, or skin; 3, in the formation of a critical action of some sort on the skin.\*

XXXI. Such result constitutes the **CRISIS OF THE WATER CURE.**

XXXII. The Crisis being the result of the extrinsic efforts of the vital organs, is to be viewed as the

\* For the various kinds of critical action, see what has been above stated on the subject of the crises of the Water Cure.

*signal* of their relief, not as the *instrument* of their relief.

XXXIII. Still as, during the crisis, the tendency from the internal to the external organs is most strong, it is more than ever necessary to avoid the causes which act in diverting this tendency and in reconcentrating the mischief on the internal parts.

XXXIV. At the same time, the tendency in point being then strongly established, it is not necessary to stimulate the system further in that direction, and all treatment except that which allays irritation accordingly ceases.

XXXV. A crisis being the evidence of cure of the internal disease, *no recurrence of the latter is to be apprehended, unless the morbid causes are re-applied.*

## CASES TREATED AT MALVERN

BY THE

## WATER CURE.

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IN illustration of the theory, and the facts relating to our mode of treating disease, given in the foregoing pages, the following cases are presented to the reader. We have to remark of them, in a preliminary way, that if the treatment from day to day is not given, it is because most of the cases extend over weeks, and some over months, and because, were we to speak of the occasional changes in some details of treatment, which from time to time are necessary, we should also consider ourselves bound to offer our reasons for them,—a proceeding which would itself occupy a volume. Neither was it possible to draw out the detail of every minute symptom

which sprung up in the course of treatment, and for a similar reason. In short, our object in the publication of these cases is to demonstrate in practice the utter fallacy of those opinions which we have shown to be unsound in theory: to clinch our previous arguments by facts—**HARD TELLING FACTS**—passed under our own eyes, testified by patients and the friends of patients, and any one of which is worth more than entire quartos filled with assertions made by those who know nothing of the principles and details of the Water Cure, who have never seen—nay, who in many instances *refuse to see*—a single case treated by the Water Cure, and who, whilst indulging in tirades against the Water Cure, seem to be quite unconscious of the confessions made by medical men regarding the danger and uncertainty of the treatment of disease by drugs. Be it further remarked, that every patient whose case we give,—as well as those we have not given in the present volume,—had essayed the whole range of medicinal means to no purpose, save to gain some temporary relief, to be followed by augmented mischief. Why this was the case, and why, when medicine was abandoned, and our treatment tried, the patients improved in health, we leave the reader to determine. A common cant just now is, that the air, exercise, and diet are the only health-begetting agents: nor

do we gainsay these. But if so, how comes it that they were of no avail during the time that drugs were added to them as remedial agents? and that they *were* of avail when drugs were abandoned, and the processes of the Water Cure substituted? Truly the answer cannot be very flattering to pharmaceutical practice, even if water be extruded from all share in the results: for, in that event, it shows that the disease had been previously maintained and exasperated by the medication. But it is idle to dwell further on this, one of the many futile drags which are employed in the vain attempt to stop the progress of the Water Cure. Turn we, therefore, to the cases we have selected, from a great number which we purpose to give in a more extensive form when time and opportunity offers.



## CASES.

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### *Nervous indigestion with suicidal propensity.*

The subject of this distressing malady was a gentleman of 46 years of age, who, after eighteen years of active and incessant attention to commercial affairs, retired with a moderate fortune from them in consequence of the growing distress both in the stomach and brain, which unfitted him for further action, and, as he said, "rendered the sight of the ledger intolerable." It avails not to repeat all the means he had tried previous to his trial of the Water Cure; suffice it that they comprised all the circle of drug medication and, what is for the most part as bad, *drug dietetics*, by which is meant the system of keeping up a certain amount of stimulation from food and wine on the condition of maintaining a proportionate amount of stimulation from medicines. He came here complaining that he only got one hour or one hour and a half sleep in twenty-four hours, that he had the most horrible mental sensations, the predominating one being that he was doomed to be his own destroyer: indeed for the last two years he had never been left without some one to watch him. His bowels always costive and his belly

protuberant, no pain was present when they were pressed ; but eating always brought on a more intense degree of the mental pain. His volition was quite gone, and his moral courage extinguished. The contents of the chest were perfectly sound.

We commenced the treatment of this case with hot fomentations to the stomach and bowels at bedtime, the wet sheet bath in the morning and evening, a sitz bath in the middle of the day, and he also commenced lying in the wet sheet ; the result of which was that on the fourth night he had five hours' sleep. From the bowels too he had on the morning following this a good natural evacuation. The mind, however, still held by its painful sensations. He now began to lay every morning from one hour to one hour and a half in the wet sheet, followed by a bath ; the sitz bath at noon and the wet sheet bath being continued. During this time he went every morning to St. Ann's Well, and, walking on the hill, drank from three to six tumblers of water as he felt inclined. In the course of the day he drank from eight to twelve tumblers, taking exercise, which varied from five to ten miles a day. At the end of eleven weeks he left Malvern perfectly recovered, having, during the latter half of that period, used the douche daily, and broken upon the wet sheet by occasional sweatings in the blankets. His capability of taking water increased with his progress towards health, and he sometimes took fifteen or twenty tumblers a day. The changes in the expression of his face indicative of that in his feelings, was striking to all the patients in the establishment, and from being the most lugubrious he became the most laughter-loving of them all. He slept invariably from the time he went to bed—ten o'clock—until the servant awoke him in the morning ; and his sleep was dreamless.

The only evident crisis in this case was an increased action

of the bowels for a fortnight, carried to the degree of diarrhœa for two or three days, but without any pain, griping, or debility. The wet sheet, however, in which he laid, for a long time rendered the water in which it was daily washed dark and turbid, with a copious flocculent sediment.

REMARKS.—Here is a case in which during two years the patient had been gradually getting worse, notwithstanding that he had obeyed, as he said, to the letter every system of treatment he had followed, backed by perfect rest of mind and body. It is plain that in such fearful states of irritation of the nerves of digestion and of the brain, all internal medicinal means should rather exasperate than alleviate, and such was the fact in the present instance. Yet by the soothing operation of the local fomentations and the general application of the wet sheet, an almost immediate effect was produced upon that irritation, as the sleep and rapidly increasing quietude of mind testified. The same remedies, by thus reducing irritation, and conjoined with the derivative effect of the sitz baths, succeeded at an early stage in setting up a regular movement of the bowels. Having thus secured the quiescence of the nervous system and restored the regularity and quality of the secretions and excretions, it only remained to renovate the tone of the system, which was effected most completely by the douche, and the appropriate union of the previously-named remedies. It will be remarked that the diarrhœa here served as an *internal crisis*, of which mention has been made in the previous pages. But although this did not continue for more than four days, there were for as many weeks from two to three copious natural evacuations every day; and it was a curious feature, as observed by the patient himself, *that the less he ate the more copious was the evacuation*, a fact of which he convinced himself by repeated experiment. The physical

strength of this patient became so great, that in company with another patient, the Reverend Mr. Majendie, he thought nothing of walking to Worcester and back, a distance of nearly seventeen miles.

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*Indigestion with threatening inflammation of the brain.*

This case was a very interesting one, and was sent here at an hour's notice by Mr. COULSON, a distinguished surgeon in London, under whose care he had previously been. The patient, a gentleman of 40 years of age, had undergone excessive mental excitement, accompanied with constant and distressing sinking about the stomach and bowels, tendency to fainting and cold sweats, all which he had endeavoured to fight against by frequent taking of stimulants. With all this he had been unable to procure even a small amount of sleep. In our first interview with him at Malvern his speech was almost incoherent, his gestures violent, and his whole appearance that of a person on the verge of insanity or inflammation of the brain. His tongue was fiery red, his bowels constipated, and his skin dry and harsh, except when the cold sweat suddenly appeared on it, together with the symptoms of fainting. All this plainly indicated the use of the wet sheet, in which he was made to lay for an hour twice a day, with sitz baths in the intervals. In twenty-four hours this patient became calm, and slept almost all the time he was in the wet sheets, of which he spoke as the most soothing and delightful remedy he had ever experienced. On the first night after commencement of the treatment he slept five or six hours consecutively. His bowels also opened and his tongue became paler; of course no stimulants whatever were allowed, although up to the moment

of his treatment he had taken them largely, and he expressed surprise at not feeling the want of them. At the end of a week he pronounced his feelings to be better in all respects than they had been for more than a year. Nevertheless we thought it advisable he should continue the general treatment for a fortnight longer, which he accordingly did; and at the end of three weeks returned to London, speaking of himself as "a miracle," and extolling the Water Cure in enthusiastic terms.

REMARKS.—Nothing could be more striking than the immediately sedative effects of the wet sheet upon the highly excited nervous system of this patient. It is impossible to conceive of any medicinal opiate acting so quickly and so efficiently; neither had the sleep any of the disagreeable characters of that obtained by opiate, for he awoke soothed, refreshed, and with a moist tongue. This effect too continued throughout the case; the patient never retrograded for a single day. Although when he came his limbs would scarcely carry him half a mile, within a week he was able to mount to the top of the highest of these hills. The harassing condition of mind disappeared, and he frequently expressed his surprise at the totally altered view he took of the circumstances which had previously so painfully excited him. We confess our ignorance of any medicinal treatment which could remove the symptoms enumerated, and restore the general health so rapidly and completely as the much-abused means employed in this case.

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*Hypochondriasis with hallucination.*

A gentleman aged 28 consulted us, presenting the following symptoms:—Face shrunk and pinched, with an expression of anxiety and anguish; complexion dingy yellow; tongue sil-

very and split; bowels not acting except by medicine; general emaciation. To these physical ailments was added a state of mind which he characterized as most humiliating. At one time he conceived the most unconquerable disgust at his wife's nose, because it was not perfectly straight. At another he was haunted by a small mole on her neck and the complexion of her throat. These and other phantasies tormented him night and day, and he never was free from some crotchet or other. Daily at about six in the evening a fit of profound melancholy invaded him, and all appeared cheerless to him for two or three hours, though on the score of wife and fortune and station few men had more right to be contented. The causes of this complication of bodily and mental ailments were to be found in early excesses, acting on an originally weakly frame and not a strong mind. It should be mentioned that he attributed the major part of his ills to medicine, of which he had taken largely.

The treatment in this case consisted in the systematic employment, morning and evening, of the wet sheet, sitz-baths, and shallow baths. By these means, conjoined with ten or twelve tumblers of water daily, regular exercise on foot and on horseback, simple but nutritious diet, and early hours, he was put into a state to bear the daily use of the douche. Some time, however, previous to the use of this last his bowels had got into perfect order, his skin had taken a healthier hue, and he allowed that his nervous sensations and mental phantasies had undergone material amelioration. And he remarked that when a hypochondriac allows that he is better at all it may always be concluded that he is considerably so; for croaking is his principal attribute. But although the patient was convinced that a little more time would have certainly effected his cure, circumstances intervened to prevent his further stay

at Malvern ; yet he left behind him a host of physical and moral troubles.

REMARKS.—Very few of our non-professional readers are aware of the extreme difficulty in producing any impression whatever on the miserable condition of the nervous system of a confirmed hypochondriac such as this was. That condition is essentially one of deeply-rooted irritation of the whole of the nerves, which regulate the functions of the stomach, bowels, and liver ; an irritation which, by sympathy, is propagated to the brain, thereby producing low spirits, harassing and horrible fancies, and sometimes an almost total loss of the voluntary power. In such shades of mind, the patient becomes one of the most disagreeable that can be met with ; he torments himself and all around him ; and but few medical men are otherwise than glad to get rid of such a patient. The effects, therefore, of the Water Cure in similar cases are the more to be admired, as they are produced in persons who are most unwilling to acknowledge that they are benefited by any treatment whatever ; and as it is universally acknowledged by medical men that they are, in fact, seldom or never benefited by any medicinal treatment in ordinary usage. This case bears some analogy with the first one mentioned, inasmuch as at times the suicidal propensity was present ; and like the case in point, would have prospered to a perfect cure had time been given. We know, however, that the treatment, as far as it can be managed, will be persevered in, and the patient, as well as ourselves, is assured of the ultimate result.

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*Intense Hypochondriasis and Mercurial Disease.*

A gentleman, of large fortune, was the subject of this intoler-

able disease, of which he had all the prominent symptoms in their worst degree. It owned both physical and moral causes. The former consisted in the frightful and long-continued application of mercury which had been given when the disease was yet slight; and the latter in a severe and permanent domestic disappointment. All the secretions both of the skin and of the internal membranes of the body were depraved. He remained at Malvern several weeks, but only slight amelioration of the symptoms was obtained. All parties concerned became impatient; and he gave up the Water Cure, having previously tried all manner of treatment.

REMARKS.—We mention this case only as an instance of those who leave the Water Cure disappointed, and in ill humour with themselves and the treatment. How far the treatment was to blame for the want of success, may be gathered from the fact that we discovered in the course of it, that the patient persisted secretly in an old habit of drinking brandy, when, with any chance that the candour and perseverance of the patient could have given us, it would have taken at least ten or twelve months of steady treatment to bring about his recovery. As it is, the case is a forlorn one, both as regards the causes and any future treatment that may be adopted.

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*Liver and Stomach Complaint with Emaciation.*

Mr. ———, a Liverpool merchant, in consequence of long-continued exertion in the climates of South America, irregular living, and considerable labour of brain, had at length fallen into a state of disease indicated by the following symptoms.



Complexion pale yellow, without a sign of circulating blood ; face thin and haggard ; body generally emaciated ; pain in the right side of many years standing, bowels confined, appetite gone ; great lassitude and indisposition to exertion. For these ailments he had gone through various courses of medicines, mercurials, purgatives, tonics, &c. ; he had also tried different mineral waters, and had finished the list with a course of Morison's Pills: all to no purpose, for he came to us with enlarged liver, and all the symptoms of confirmed stomach disease. It should not be omitted that he suffered from frequent tic and cramps in the leg. His age was forty-six years.

Alternate wet sheets and sweatings, with frequent sitz-baths, compress constantly kept to the abdomen, and latterly the douche, produced, in the course of a few weeks, a most decided change in his appearance. His appetite became enormous, his digestion undisturbed, and the evacuations from the bowels, twice a day, very copious : he slept well, and his spirits were of the highest order. At the end of a month a crisis of boils commenced, principally over the region of the liver and right side of the body, which, however, were rather a subject of jest than of alarm to him, since, notwithstanding there were as many as twenty or thirty at one time upon him, he was never once absent from the breakfast, dinner, and supper table, and took his walks as he had always done. The only difference in treatment required for these boils was an extra wet sheet in the middle of the day, which, with the refreshing of the linen compresses, he found removed all inconvenience and disagreeable sensation, which might have arisen from the existence of the boils. Under the action of these boils, the enlargement of the liver rapidly gave way, and the diminution of its disease was palpably exhibited in his face, which became round and red from being pale and thin.

REMARKS.—In every way this case is satisfactory, and the result was obtained in much shorter time than we expected, being a little above six weeks. It is further satisfactory, as it gives the opportunity of demonstrating what has been asserted in the former pages of this work relative to the perfect safety of the crisis of boils when these are produced with discretion, and treated with judgment. *Being withdrawn from business, and free from all artificial stimulants*, both mental and bodily, we perceive how small an affair this crisis is. But had this patient left us a fortnight before he did, with the boils upon him, and entered upon the cares of his business at Liverpool, or had he put himself under a course of drug medication at that time, we venture to say that the result would have been very different. As it is, we hear at this time (now five months since his leaving Malvern) that he is on the point of embarking for Canada, and says, “that he has got a new lease of life from the Water Cure.”

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*Indigestion, Liver Disease, and Epileptic Fits.*

The subject of this complication was an officer of the highest rank, nearly sixty years of age. Unhealthy climate and high living had combined to produce the worst symptoms of indigestion and liver disease, and being a highly nervous man, these had reacted on the brain, and caused the epileptic fits of frequent occurrence. He was sent here by a friend in London, but with small expectation that he would venture on the treatment. However, after a few days intercourse with other patients, his imaginary terror of the “dangers of the Water Cure” vanished, and he commenced the treatment. The state

of debility and sensitiveness he exhibited did not admit of the immediate application of cold water, and accordingly he was rubbed twice or thrice a day with a sheet wrung out of tepid water. Gradually the recovered tone of the skin enabled him to bear them cold, and he soon was fit to lay in the wet sheet followed by a cold bath. To this were added sitz-baths, compress over the bowels, &c., &c. His progress was very marked and rapid; and the best evidence of his conviction of the efficacy of the treatment is the fact of his since having sent several interesting patients to us.

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*Indigestion and liver disease, with asthmatic breathing and internal accumulation of fat.*

A lady, about fifty years old, of strong constitution, had been for many years in the habit of indulging a pretty large appetite to its full extent, and entering into all unhealthy ways of fashionable life. The consequences were, in time, shown in constant pain of the right side over the liver, and in the back, which was soon followed by asthmatic breathing, laborious action of the heart, and, therefore, the greatest difficulty in ascending stairs. At the same time she became inconveniently fat on the surface, and gave likewise every indication of a similar accumulation within, and more particularly of that which is so apt to take place about the heart, the kidneys, and coverings of the bowels. The other common symptoms of a deranged state of the digestive apparatus, especially costiveness, were all present. With these ailments she came to Malvern.

It is tedious to recapitulate frequently the treatment of

indigestion and its accompaniments ; suffice it to say, that in ten days this lady was able to walk up the hills with but little difficulty of breathing, an undertaking she would not previously have dared to attempt ; the pain in the side, for which she had been frequently cupped by other practitioners, was gone ; the functions of the stomach and bowels were regularly performed ; and her spirits rose to the highest state of exuberance. She continued the treatment for six weeks, at the end of which time, a crisis appeared in one of the legs in the shape of boils ; which, however, did not confine her to the house. It is now about eight months since she left this place, and a week or two back we had the gratification to hear, through the medium of a lady resident at Malvern, that she continues in perfect health and speaks of herself as “better than she ever remembers herself to have been.”

REMARKS.—In the ordinary mode of treatment by drugs, &c., this lady would have occasionally had temporary relief by doses of mercurials, salines, and purgatives ; she would have been (as indeed she frequently had been) cupped over the side, and sometimes at the back of the neck ; and many would probably have bled her from the arm also. A sound pathologist, looking to the case as it was presented here, would have no difficulty in predicting to what such treatment would eventually lead. Most unquestionably dropsy of the chest or belly would have been the result, if, in the meantime, some acute inflammation had not intervened to carry her off. On the other hand, the water treatment, by setting up and maintaining a vivid action of the skin, by inducing a healthy degree of waste through it, and a healthy state of all the secretions, by the transfer of irritation from the internal parts to the point at which the crisis appeared ; and by *enabling* the patient to take a great amount of active exercise, brought about a state which

annihilated the local congestion of the stomach and liver, and put a stop to the enormous accumulation of fat about the heart, which they who are in the habit of seeing these kind of cases readily detect.

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*Black or Brown Leprosy.*

A young gentleman, fourteen years of age, became a patient here in December last. Over the greater part of both legs there existed a scaly eruption, the individual scales being dark in colour, easily detached, about the size of a human nail, and when detached, leaving the surface underneath raw and tender, the latter discharging a bloody serous fluid, until the scales became again formed. This had been going on for a long time, gradually increasing in extent, without the least amelioration. He remained in the establishment nearly thirteen weeks, and left it to return to his father at Cheltenham, with his skin clean and healthy, and all the external appearance and internal signs of a robust state of health. He sweated every other day, and lay in the wet sheet every day, and on alternate days, twice. On coming out of the blankets or wet sheet, his attendant, as well as ourselves, witnessed a very strong and peculiar odour emanating from them, and continued for several weeks of the treatment. The regular employment of sitz-baths and of the douche also formed a part of the treatment. Compresses were kept constantly upon the diseased parts, and he took from twelve to fifteen glasses of water daily.

REMARKS.—Here is a case in which the simple operations of the Water Cure not only eradicated a local disease which all medical men know and acknowledge to be one of the most

difficult, but also brought the patient into robust and general health. Compare with this the following list of medicines usually given in this disease, and which medical writers tell us are all more or less uncertain;—muriatic acid, corrosive sublimate, preparations of arsenic, caustic potash, white hellebore, &c., all of which, if uncertain to cure the skin, are pretty certain to injure the general health, by establishing disease in the internal organs.

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*Acne and Sycosis, with Crisis.*

A military officer, twenty-four years old, (who was sent here by a general officer alluded to in a previous case,) commenced treatment here, in December last, for the above very common and disfiguring disease. His face was covered with red pimples, many of them with white heads, one crop of them succeeding another. He had been for several years troubled with severe headaches and a confirmed stomach complaint, showing itself in flushings after dinner, depression of spirits, and obstinately constipated bowels. His appetite was entirely gone, and he had consequently fallen into the habit of taking a strong dose of spirits and bitters immediately before dinner, without which he was unable to eat any. He had had his gums "touched" more than once with mercury, and had no relief of bowels except from purgatives, from which period he dated the commencement of his complaints, both local and general.

As there was much internal irritation to subdue, the treatment was commenced by laying twice a day in the wet sheet, followed by a general bath; a hip bath being taken at mid-day, and six or eight tumblers of water taken daily, the major portion before breakfast while using exercise on the hills. The fe-

verish symptoms reduced, and the bowels relieved naturally, which took place in the second week, he commenced sweating, the douche and the hip bath, with an occasional application of the wet sheet. In consequence of this treatment, a crisis of boils appeared in the third week, showing itself on the abdomen and extremities. In the meanwhile, as early as the second week, the appetite had become good—indeed, almost too good, and continued undiminished during the whole treatment. What frequently occurs in skin disease took place in this case, namely, an increase of the original eruptions at the outset of the treatment. But as the critical boils appeared on other parts of the body, those on the face disappeared, and ceased to be renewed. Indeed a striking change took place in the whole of the skin, which, from being harsh and inactive, became pliant and healthy in appearance. The total cure was effected in five weeks.

REMARKS.—It is only necessary to observe in this case that the eruption depended on the diseased condition of the stomach, liver, and bowels, and that this appeared to have been much aggravated by the medicines he had taken, the first course of mercury being, most probably, the starting point. Add to this the hurtful habit he had acquired of taking bitter stimulants before dinner to force a fictitious appetite, and stimulants after dinner to mask the pains of indigestion. This patient declared that for years he had not been in such spirits as he was during the time the crisis of boils was present, all of which time he never walked less than from six to ten miles daily.

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*Congestion of the Head with threatening Apoplexy.*

A gentleman, aged forty-five years, well known in the county of Worcester, had for years been suffering under the triple excitements of complicated affairs, field sports of all kinds, and high living, and, in the vain endeavour to stave off the evil results by constant and violent purgation, had increased them. The last three or four years he had been on his estate, free from business, but still exposed to the other causes of his disease. When he came to us he presented the following symptoms. Face remarkably full and livid; tongue moist and foul; bowels constipated; urine not reaching a pint a day. He had been for a time affected with giddiness of head with tendency to fall on one side or other; dimness of sight; at intervals he was seized with extreme depression of spirits, excessive irritability, and strong inclination to be violent to those around him; his thoughts were frequently so confused as to deprive him of all moral courage and of the power of attending to anything. His nights were frightful, moaning, groaning, and tossing about. With such symptoms (which had existed for several years) it will scarcely be credited that he had been advised to take at least a pint of wine daily, and, as his spirits notwithstanding became worse, to augment the quantity to a bottle! Equally incredible is it that, whilst this treatment was going on, he had been repeatedly bled, both from the arm and the nape of the neck. It is to be remarked that this gentleman, hearing of the Water Cure, and feeling that he was getting rapidly worse, and threatened daily with apoplexy, took the resolution to abandon all advice, medicine, and wine, and to take to water drinking. This last relieved him so much, that he further resolved to put himself under our care.



It is impossible in our space to detail all the management that was required in this very perilous case. Suffice it to mention that the greatest care was taken in graduating the different processes of the Water Cure, so as to induce a better distribution of the blood, and the diminution of its quantity in the head. All stimulants whatever were withdrawn at once, and since last September he has not required any liquid but water and milk, and has not taken a grain of medicine of any kind for now more than six months. The first effect of the treatment was the restoration of the secretions of the bowels and the kidneys, purgatives and diuretics having previously utterly failed. The next effect was the restoration to comparatively quiet sleep, and to quietude of mind when awake; for strange to say, the water has given him good spirits, which the wine had rather depressed than otherwise. The third effect was the disappearance of an immense quantity of superfluous fat, the chief accumulation of which was about the bowels, giving him an enormous paunch; for which, however, a quantity of hard, muscular flesh has been substituted on the limbs. His figure is now what it was when he was a young man. It need scarcely be added that all fear and every symptom of apoplexy has vanished.

REMARKS.—If we had never met or heard of another case than this similarly treated, we should have been compelled from it alone to acknowledge the vast field for reformation in the medical treatment which at present prevails. Here was a gentleman on the very brink of apoplexy, with all the causes which produce it in operation, yet in the face of his alarming head symptoms and daily diminishing health, he is instructed to drink first a pint, and then a bottle of wine each day, with medicinal means to correspond! We confess ourselves utterly unable to comprehend the meaning of such treatment of such a disease.

But for the accuracy of the statement we have made, concerning his previous symptoms and treatment, and of the results of our treatment, we can, if necessary, refer to the patient himself, who, like ourselves and his friends, is convinced that had he persisted a very little longer in the plan he was following, a fatal termination must have infallibly ensued. Without one grain of medicine, with no appliances but those of the Water Cure, we were enabled to rid him of a state of perilous disorder, against which he had been in vain combating with the usual means for a dozen years.

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*Threatening Apoplexy with extensive disease of the liver and other digestive organs.*

Our patient in this case was a gentleman fifty-three years of age, of large landed property and great political eminence, who after many years of an active and useful parliamentary career, retired into the country. Whether from the cessation of his previous exertion, or from the excess of that exertion, his health soon began to give way ; symptoms of indigestion, with low spirits and strong tendency of blood to the head, began to show themselves. These becoming more alarming, after undergoing sundry plans of medication under several country practitioners of eminence, he went to London, and took the advice of the most fashionable physician of the day, who put him through a long course of mercurial and purgative medication ; but after some months' trial, he found himself somewhat worse than better. Returning on another occasion to the physician in question, he was candidly told that nothing further could be done for him, and that he must expect to suffer more or less

for the rest of his life, an encouragement which brought him, as it has many others, to the Water Cure. The appearances left no doubt of the true condition of this patient. His eyes were yellow and suffused ; his complexion and lips were waxy ; his tongue enlarged, spongy, and thickly coated ; the breath acid ; the bowels strictly constipated ; the urine depositing copiously of lithic acid and scanty in quantity ; accumulation of fat in the belly. There was frequent depression of spirits and irritability of temper ; giddiness of head, and confusion of thought, sometimes amounting to actual suspension of the mental faculties ; sleep heavy but much disturbed. All the other symptoms were equally strongly indicative of the mischief going on in the digestive organs and the head.

The almost immediate effect of the Water Cure was to bring on a bilious crisis in the shape of copious evacuations of thin acrid bile by the bowels, by which a powerful derivation was made from the brain, and that important organ thus rescued from danger. This past, he was placed under the different processes of the Water Cure as the symptoms required : into the lengthened details of which the space which we have in this work will not allow us to enter. Suffice it to say, that after four months of assiduous treatment, this gentleman has been enabled to re-enter upon the activities of life, and very recently presided most ably at a public dinner in London, and is now amusing himself by travelling on the continent ; and we heard a few days ago from his sister, that his greatly altered appearance was the subject of constant congratulation from all his old London friends. It may be mentioned that in the course of the treatment, a tendency to gout was developed, which no doubt existed previously in the internal organs, and had been fixed there ; but this was relieved by the same means which were improving his entire system.

REMARKS.—A more dangerous and complicated case than this is seldom met with, and we have every reason to congratulate ourselves on the treatment by which it was recovered. When a patient gives all the signs of long and intense disease of the duodenum, liver, bowels, and head; when the unnatural complexion, the waxy lip, the obstinately torpid bowels, the bad digestion generating bad blood which circulates principally in the vital organs (for the skin in this case was almost lifeless) are considered; when to these are added, the confusion of mind and other symptoms denoting disordered circulation in the brain and approaching apoplexy; and when the evident aggravation of all the symptoms which followed upon the medicinal treatment, is brought into the account; we think that the merits of the remedial means by which this gentleman was enabled to appear again in a public and exciting position, need no comment. Neither is any comment necessary on the fact, that this gentleman, with all the appliances which the best metropolitan and provincial medical advice could afford, with all the physical and moral advantages which the possession of thousands per annum could give, did, nevertheless, get worse, and was even given up after twelve months of drug treatment, whilst after six months of the Water Cure, applied off and on, he became a sound and healthy man in appearance, and in his own feelings, as well as according to the judgment of his friends who had previously known him.

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*Slight Paralysis after Apoplexy, treated at seventy-five years of age.*

The lady who is the subject of this case came here eight months after a slight attack of apoplexy, which left her with

the following symptoms. Partial loss of voluntary motion in the lower extremities, occasioning an uncertain and shuffling step, gradually increasing up to the time she came here. Considerable thinning of the legs, and almost total disappearance of the calf. Permanently cold feet. Speech altered and difficult. Tongue red and dry. Bowels obstinately bound, yet purged violently with three or four grains of compound rhubarb pill. Sleep disturbed. Occasional giddiness. Pulse large, hard, and bounding, and varying from eighty-five to ninety beats in the minute.

The treatment was commenced by warm fomentations to the stomach and bowels, from three quarters of an hour to an hour night and morning. After the morning fomentation, she had a general ablution with a wet sheet, taken out of water at about 85°. She slept well the whole of the second night, and the bowels were slightly relieved naturally. In the meantime she had had two foot-baths of cold water daily. At the end of a week she was in a state to be wrapped in the wet sheet, wrung out warm; but this was only done once, as, on the second day, it was applied cold, and she laid in it an hour each morning: a cold wet sheet-bath followed. From the commencement she drank about three tumblers of water a day. The result of this was that the bowels became regular and natural every morning after breakfast, the feet permanently warm, the tongue moist, the pulse soft and sixty-five. But what struck most forcibly a lady, who had lived with her for thirty years, was that in a few days after the first fortnight, the calves of the legs had increased remarkably in size, and that flesh had accumulated to some extent over the whole body. This lady is still under treatment; and lays every alternate day in the wet sheet, followed by a shallow bath at 65°, which she takes every morning. The foot-baths are also continued, as well as the com-

press over the bowels, which has been worn night and day from the commencement.

REMARKS.—After all the nonsense that has been uttered about the “Dangers of the Water Cure,” what will the reader think of them when he finds it applied to a case like this, in which every circumstance would seem combined to render it especially perilous? The previous apoplectic seizure, the tendency to its recurrence, the emaciated state of the body and of the lower limbs particularly, the advanced age of the patient, are all conditions which would illustrate the “Dangers of the Water Cure” admirably, were there any danger in it when properly applied. With such application, however, in an extraordinarily short time, all the secretions are restored to a healthy state, nutrition is re-established, and the symptoms indicating fulness of the head reduced. It is one of the many instances which might be given of the united safety and potency of this mode of treatment; one such is sufficient answer to volumes of unfounded assertions.

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*Chronic Rheumatism and Gout, with tendency to malignant disease of the Stomach.*

A talented physician, enjoying considerable practice in one of the suburbs of London, was the subject of this case. He is forty-five years old, during fifteen of which he has been afflicted with rheumatism and gout; besides which he has an hereditary tendency to black cancer of the stomach, his mother having died of that frightful malady. He had been constantly under treatment of one kind or the other, until his case was nearly hopeless, and his health so broken up as to oblige him to think

seriously of abandoning his practice. An old friend of his, a physician \* at the time under treatment of the Water Cure at Malvern, wrote to him, advising him strenuously to try it, which he determined to do ; but previously made a point of calling on two of the most eminent practitioners in London, who, as might be expected, ridiculed the idea, recommending at the same time a course of mercury and iodine. The patient having previously tried this with some disastrous results, and convinced, as he said, "that that was all that was wanting to *finish him off*," at once started for Malvern, where he arrived in the following condition. The body much emaciated ; the trunk almost bent double ; face pale, sallow, and anxious ; cheeks sunken ; tongue swollen to twice its natural size, furred and red at the edges ; appetite morbid and capricious, leaning to indigestible articles of food ; bowels torpid, with bad secretions ; knees swollen and painful,—one of them lame for several years past ; lumbago ; incapability of walking more than two or three hundred yards without great pain and exhaustion ; considerable fulness and excitement about the head ; little or no sleep, and what there was of an unrefreshing kind.

We shall not enter into the details of the treatment of this case, but will merely mention that by careful management he was soon brought into a state that allowed of the application of all the processes of the Water Cure, even to the douche ; and that, although there were many other drawbacks in the shape of mental excitements on family affairs, he left Malvern at the end of eleven weeks, standing erect, walking ten and twelve miles a day on the hills without fatigue, the lameness

\* DR. ADAIR CRAWFORD, the learned author of the Article "Inflammation" in the Cyclopædia of Practical Medicine.

having disappeared together with the chronic swelling of the knees; his appetite so great as to require restraint, his sleep restored, and the bowels in perfect order. He left this about a month ago, highly satisfied with the results, and only regretting that his professional avocations obliged him to return to town, otherwise he would have preferred to continue the treatment throughout the summer. We venture to say that the change in his complexion and expression of countenance will be no small matter of astonishment to his metropolitan friends, both professional and laical.

REMARKS.—It will be seen that even a medical man may go through the “Dangers of the Water Cure,” and come out of them, not only unscathed, but restored. Yet it should be stated that this enlightened gentleman would have been deterred from trying this only really safe treatment, but for the pressing representations of DR. CRAWFORD, who, from investigation and experience in his own person here, was well able to allay any apprehensions on the subject. We look forward with confidence to the day when many medical men will make a similar trial with a similar event.

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*Intense Nervous Indigestion with Constipation, &c.*

The subject of this inveterate case very kindly offered to give her own account of her own multiplied ailments, and of the means by which she has been released from them. It should be mentioned that she had previously undertaken, during the course of her long disorder, numberless modes of treatment with very little, and in most instances no, relief whatever. The lady is a member of one of the best families



in Scotland, and there are not a few in that country who will recognise her in this case.

“ A lady, past sixty, came to Malvern to be under the care of Drs. Wilson and Gully. She had suffered for more than thirty years from indigestion, had severe illnesses, rheumatic fever, bile, acid, tic, violent headaches, palpitation of the heart, debility of limbs, nerves much shattered, thin and pallid, very little appetite, a gnawing pain in the stomach after eating, weary pain in the back, and at the back of the neck; for twenty years her bowels were hardly ever moved but by medicines. For a month after her arrival in Malvern, she lived upon plain boiled rice, which gave her less pain to digest than any other food. The dripping sheet was first applied three times a day for five days, then the damp sheet an hour every morning, with the shallow bath after; sitz-bath at twelve, and shallow bath at night; her bowels were assisted by an enema every other day, first of tepid water, and then quite cold; she every day walked an hour before breakfast, and drank six tumblers full of water, and several more through the day. At the end of a fortnight the pain after eating subsided, her strength was much increased, and appetite improved. The sudorific blanket was next applied, followed by a cold shallow bath every morning, sitz-bath at twelve, and cold shallow bath at night. In six weeks she felt *perfectly well*, free from every pain and ache, ready for every meal; her food then was bread and butter, with at times an egg for breakfast, and a small cup of new milk. She dined at two, on roast meat and plain rice or potato, and every second day on eggless rice pudding. In two months she could walk ten or eleven miles a day, which she had not been able to do for forty years, and her bowels became perfectly regular.”

*Nervous Indigestion with Skin Disease.*

We give this case in the words of the patient, who appends his name to it, and is well known in this parish.

“ I am now fifty years of age and have had a bad stomach for nearly the last thirty years. All that time I have been tormented by uneasiness after eating, and the food returning an hour or two after taking it. It always came back to my mouth just as I had eaten it. My bowels were always obstinate ; indeed I never was without uneasiness from them and from the stomach. Now and then, about once in a fortnight or three weeks, I had tremendous headache which lasted generally twenty-four or thirty-six hours, and went off with a large discharge of clear urine. So much for my stomach disease. About thirty years ago a small patch of eruption came on the upper part of the leg, and itched dreadfully at night. Every night, as soon as I was warm in bed, it awoke me and obliged me to scratch it until some moisture came from it ; it then became easier and I got to sleep again, but awoke again in the course of half an hour or an hour with the itching. This was the case for full thirty years, and I can safely say that during all that time my rest was constantly interrupted. I tried all kinds of prescriptions, and consulted medical gentlemen without number. Between the disorder of the stomach and the skin disease and want of sleep, my health became so bad as to oblige me to give up a good business I had in Worcester, and come to Malvern to try what living there would do. I have now been eight years here, but was no better until about six months ago. As everything else had failed, I took to the Water Cure under the care of Dr. Wilson and Dr. Gully. I have had the wet sheet, have sweated in the blankets, and used hip-baths since last December. I have worn a compress over the bowels and one over the skin

complaint constantly. By persevering in these I got to keep my food down much better. My bowels are now open regularly once a day. I have gained flesh, and the colour of my face is quite changed. The best of all is, that the skin disease is so much better that I get as much as five and six hours sleep every night, and often without waking at all. Circumstances have prevented me from pursuing the water treatment the last four or five weeks, but I shall begin again in a few days and continue all the summer. I fully hope to be quite cured by the end of the summer, and look forward, as may be supposed, with great pleasure to being quite rid of my complaints, for which I had for so many years swallowed such quantities of physic and paid so much money, without getting the smallest relief.

“ D. MAYER.”

“ *Malvern, May 31, 1843.*”

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#### *Hip-joint Disease.*

In December of the last year we were placed in communication by letter with the parents of a young gentleman who resided near to Edinburgh, on the subject of a disease which, from the description given, appeared to be rather referrible to the spine than the hip. Some directions as to constitutional treatment proved beneficial; but acting on a rule we have established, we declined further responsibility in the case at that distance. The youth (sixteen years of age) was then placed under the care of a surgeon in Edinburgh, who placed splints around the left hip and bound them tightly down. Pain then began to be severely felt; and as the advice of the first surgical authority in Edinburgh only tended to the adoption of bleedings and blisterings over the hip-joint, the parents preferred to make a journey to Malvern and see what could be

done by the Water Cure. The boy arrived here on the 16th of March. His habit of body was highly scrofulous, the left buttock was greatly enlarged, the left leg shorter than the right by three or four inches; there was severe pain on moving the leg, and also when the joint was pressed upon either directly or by pushing up from the sole of the foot; there was no flexion of the thigh on the trunk, and there was much sympathetic pain in the knee. Everything showed that the ball of the thigh bone was considerably protruded from the socket of the hip, constituting the formidable malady known as "hip-joint disease."

We commenced the treatment at once with wet sheets, in which he lay for an hour night and morning, and, as it was difficult to move him, his body was rubbed as he lay with wet towels when he came out of the sheets. A large compress was kept constantly over the hip and down to the knee. Frictions with the wet hand were also used. After a month of this, the sheets were suspended for a week or ten days, and warm fomentations of the belly employed. The sheets were subsequently and more vigorously used, with the cold shallow bath, into which the boy was lifted without bending a joint of either leg. He drank from six to ten tumblers of water daily; and he ate and slept uniformly well. Persevering in the treatment, with slight variations according to uprising circumstances, the boy was enabled by the 20th of May to walk on crutches for half an hour, two or three times daily; a power that has been increasing ever since until now, (6th June;) he can go up a hill with his crutches, and walk for an hour and a half at one time. The size of the buttock has become natural; the left leg is now only half an inch shorter than the sound one; indeed, by a trifling effort he can put the left foot flat upon the ground. He can also sit in an ordinary chair,

and raise himself out of it without assistance. Meanwhile there are signs of an approaching crisis in the feet ; and we make no doubt that this fine and interesting boy will leave this not only cured of the local disease, but with a constitution altered for the better, so as to prevent the possibility of its recurrence.

REMARKS.—When the above case had been under treatment about one month, we took an eminent physician, himself under treatment of the Water Cure, to see it. After minute inspection, he shook his head incredulously, and observed to the mother of the youth, “*If the water treatment will cure this joint, it will cure anything.*” And he afterwards expressed to ourselves his total disbelief in the possibility of such an event. It has, however, come to pass,—come to pass too in one of the worst constitutions that could have been selected. But herein is one of the chief beauties of our treatment, that during two entire months, in which the patient was stretched on a sofa without air or exercise, the processes of the Water Cure were not only remedying the joint disease, but improving his general health. Had he been kept in the house, as he must have been, his joint leeches, blistered, and burnt all the time, his inside worried with mercurials, iodine, tonics, and other supposed anti-scorfulous medicines, where would his general health have been? Gone, irrecoverably gone, we have no hesitation in saying. As it is, we have no question that he will grow into a strong and active man.

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*Bilious Fever.*

A lady, thirty-nine years old, came to Malvern in the early part of April, to be treated for a complication of ailments,

induced by mercury, which had been largely and repeatedly given for a bilious disorder. As if to show the *undoubted efficacy* of that drug in eradicating such disorders, this patient was seized with bilious fever two days after her arrival here, and she had all the intense headache, nausea, foul tongue, thirst, constipated bowels, hot skin, &c, which characterise that kind of fever. As the fever was brief, so was the treatment, which consisted in cold hip-baths of half an hour, lying in wet sheets, followed by tepid shallow baths, and abundant drinking of cold water. The headache disappeared with the first hip-bath, and the other symptoms after four or five wet sheets, copious bilious evacuations terminating the malady in thirty-six hours from its commencement. The patient then had a long sleep, in the course of which profuse perspiration broke out, and she awoke cool and without the smallest thirst. She is now under treatment for the restoration of the organic strength of which she had previously been deprived.

REMARKS.—We mention this case only to show what a simple, yet rapid, matter the treatment of acute disease by the Water Cure is ; and to offer those nullifidians who sneer at its application to that character of disease a *fact* in return for the *opinion* they so confidently put forth without the smallest ground of practical experience. We only wish that the nature of the practice here brought us more into contact with disease in its acute shape. Why do not the physicians of Hospitals open their wards to the trial of this treatment, as readily as they do to the trial of every active poison which emanates from the chemical laboratory ? The only reasons that appear are that water is not physic, and the fear that it *might* prove more efficacious.

CASES EXTRACTED FROM DR. WILSON'S WORK ON "STOMACH COMPLAINTS AND DRUG DISEASES, WITH APPENDED LETTERS TO DR. HASTINGS ON THE RESULTS OF THE WATER-CURE AT MALVERN."

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*Gout.*

*Malvern, Sept. 16th 1842.*

MY DEAR SIR,

I cannot take leave of Malvern without again expressing to you my thanks for the encouragement you gave me to try the effect of the Water Cure, as you practise it—and for your kind attention to me during the time I have undergone the treatment.

I have now gone through the perspiring process followed by the bath fifty times, with the other parts of the treatment; I found them anything but disagreeable, indeed I may say quite the reverse, and they have been most beneficial to me. During nine months before I came here I was never able to move without my crutches, and a great part of that nine months I passed in my bed or on the sofa. My nights were restless, my pulse high, and my tongue charged. I am now turned sixty-three years of age, and have been subject to the gout more than forty years. I paid little attention to it the first twenty years, and as soon as the fit was over, I never missed taking my wine daily. My knees, hands, and other parts were so crippled, that I had made up my mind to pass the rest of my days in my arm-chair or bed, or to hobble

about with my crutches. The effect of the treatment has so ameliorated my situation, I can now go up and down stairs with ease and comfort, without a stick, and the other day walked half a mile on the high road. I frequently ride on horseback four hours a day, and my general health, I thank God, is as well as ever it was in my life; I sleep well, my appetite is good, I can use my arms freely, and tie my neck-cloth, a thing I had not been able to do for years; in fact, I feel myself comfortable and independent. Had I come here a year ago, and undergone the same process, I have no doubt but I should have saved my left knee from being contracted; as it is, I am contented to walk a little lame, and shall be too happy to remain in the same state I am in at present for the rest of my days. Pray excuse this long scrawl, as I know you have not a minute to spare, and believe me,

My dear Sir,

Yours most truly,

T. C. MARSH.

*Park Hall, Epping, Essex.*

*16, Rue Matignon, Paris.*

TO DR. WILSON,

This gentleman was known for many years in Paris as a giver of "good dinners." After the receipt of his letter, I asked if I might show it any one; the reply was, "Do what you please with it; there is nothing to be ashamed of in getting well and leaving off killing oneself and friends, as you say, with guzzling and gormandizing."

Admiral Beauman brought me a letter from Mr. Marsh eight months after this was written. He has been enjoying himself all the winter, and writes in the highest spirits about himself.



*Gout.*

This letter was given by Mr. Case, (a gentleman well and esteemedly known in the county of Lancashire) to Dr. Cameron, in consequence of inquiries which the latter was making for some noble patient in London. Dr. Cameron sent me the letter to add to my stock, and the writer of it has kindly assented to my publication of it for your special edification.

*Belle Vue Hotel, Great Malvern,  
October 25th, 1842.*

DEAR SIR,

It is with much pleasure I sit down to comply with your request to communicate shortly respecting my own sufferings from gout, and the effects produced on me during my short visit to this place, using the cold water remedy under the advice of Dr. Wilson. I have been a martyr to gout from very early age, and have already reached my sixty-fifth year. From the year 1816, I have generally been attacked periodically spring and autumn, the violence and suffering of the fit increasing yearly. The joints of my hands, feet, ancles, knees, and elbows, much enlarged, and containing chalky matter, and the legs liable to be much swollen at night after exercise. I left my own house, Thingwall Hall, near Liverpool, on Friday morning, the 7th inst., and consulted the doctor on the same evening, commencing operations on the following morning, viz., the blankets and cold bath. I had much difficulty in reaching the well, where I drank four glasses of water, and returned with a fine appetite to breakfast; again took walking exercise, and another bath before dinner; and this has been

the daily course, wearing the wet compress and dry bandage over the stomach. When I left home, I had active gout in both elbows; this very shortly disappeared. I have repeatedly tried, I believe I may safely say, every reported remedy without much success, and felt much doubt and hesitation in submitting to the treatment with cold water. However, I have no reason to regret the trial, feeling better and stronger than I have done for years. My capability of taking walking exercise has daily increased, and I can now, without much pain or fatigue, walk seven or eight miles a day. From the repeated perspiration and ablutions, the skin is softened and rendered more elastic, the swelling of the legs has disappeared, and the lumps on the hands and fingers materially reduced. In fine, by a continuance of the system, I am sanguine in being enabled to eradicate the enemy, and, as far as I can judge, without any the slightest risk in bringing on other complaints. I live moderately, and though allowed by the doctor a glass or two of sherry,\* I have given even that up

\* Lest any one should suppose from the above, that I indulge my patients with wine, it is necessary to remark that permission was given only for a day or two, the conviction on my mind from past experience being, that the patient would of his own accord relinquish the stimulant in that period—so rapidly and certainly does the stimulus of water supersede that of wine, and convince at the same time, from the contrast in the feelings both *moral* and *physical* of the individual, that to take wine is a misfortune, and a stupid fallacy. I may add, that Mr. Case has forgotten to mention the operation of the douche, and sitz baths, &c., which he took in the course of the treatment, and which assisted in the beneficial result.

from choice, and really feel not the slightest desire for any such stimulant;—although at home I have been in the habit of taking aperient medicine almost daily, I have required none whatever here. I shall be happy to communicate any further information, and remain,

Dear Sir,  
Yours very truly,  
THOMAS CASE.

*Dr. Cameron.*

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*Neuralgic Rheumatism.*

The patient, in this interesting case, is a lady of the good old city of Worcester. She complained to me “that for years she had been affected with severe pain that occupied the whole right side of the covering of the head, and sometimes extended down the neck to the collar-bone of that side. It was generally worse at night, during which no sleep was obtained until morning.” Her nervous system was completely undermined by it, so that when ordinarily addressed in common conversation, she would burst into a fit of hysterical crying. Her appetite was quite gone, and she had all the symptoms of long-continued indigestion.

After three weeks’ treatment, she returned to her husband nearly entirely relieved of all her morbid symptoms. She continued the treatment at home as well as she could: and a fortnight after drove over to see me. She was in high spirits, boasting of an excellent appetite, and good rest at night.

*Supposed Consumption, &c.*

The Reverend M—, about thirty-six years of age, supposed himself consumptive, and it was with the greatest difficulty I could convince him that he had not a decided chest complaint, as he had tried all kinds of remedies in vain. His first consultation with me was more particularly to know what warm climate I would recommend to him for the winter, as he found himself unable to continue his duties.

I found him in the following state. He had a short hacking cough : he was sensitive to a degree of changes to temperature, which induced him to clothe as thickly as possible with flannel. Headache and indigestion were constant symptoms : stomach and bowels always out of order, and he was highly nervous. He could scarcely be induced by his friends and myself to try the Water Cure, entertaining an excessive fear of the contact of cold water. I put him through a gentle course of treatment, and he progressed rapidly.

After a few weeks he returned home, and pursued such part of the treatment as was practicable and compatible with his arduous duties. These duties he now performs with ease and cheerfulness. My friend Mr. W. Whitmore informed me a few days ago, that this patient is gaining strength every day, that he looks forward to the dreaded winter with pleasure, and that he is the wonder of the neighbourhood \*

Cases of this kind are frequently met with on the continent, where the subjects of them go in search of health. At Rome

\* This gentleman has ever since, now above eight months, been able to perform two full church services, and is in excellent health.

I saw many such, and amongst them a number of clergymen going on from bad to worse, the appetite decreasing, the strength lapsing, the tone of the skin becoming less and less. These cases often commencing in mental work and irritation, lead on to derangement of the stomach and bowels, are accompanied with stomach cough and extreme readiness to take cold, and not unfrequently terminate in substantial disease of the lungs :—a conclusion which is never prevented by the system of drug remedying they too often go through, which, on the contrary, leads to hotter rooms, warmer clothing, more stimulating drinks, and additional chilliness and debility. It is really quite melancholy to see many of them in Italy—far from their friends and their occupation—shivering at the bare thought of the bracing and healthy winter of their native isle, and feeling actually more cold than their countrymen on the banks of the Thames.

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*Stomach Complaint with Diseased Liver.*

Captain R——, past his fiftieth year, who had seen considerable service as a military man, and who became afterwards a merchant in London, consulted me there for the following train of symptoms.

His face was a strange mixture of chalky white and yellow, with a care-worn look, and the skin hung upon, rather than adhered to, the muscles underneath : in fact, it was the true wrinkling of a purgative-pill taker. He was alternately desponding and irritable, and found his business becoming excessively irksome. He complained of pain in the right side,

of capricious appetite, and the impossibility of doing without purgatives. He was determined to try the Water Cure and continue his business at the same time ; an attempt the futility of which I pointed out to him. He essayed it, however ; and by the time he had done so, for some weeks, I had established myself at Malvern. He wrote to me, stating that he was going on very badly ; in consequence of which I told him to desist or come down here ; and he did so shortly afterwards.

In five weeks he left this place a changed man ; for his complexion had become natural, his flesh firm, his stomach and bowels in admirable order, and his mind clear and cheerful. And I hear that he still continues well, and “ that his faith in the Water Cure is unbounded.”

There was an interesting feature in the progress of his treatment. For the first twelve or fourteen days, he threw up the water he drank while on the hill, before breakfast. I, therefore, directed him, as he vomited without effort, to go on drinking until he retained four or five tumblers. On an average he rejected the first twenty tumblers, perfectly saturated with blackish bile. After the third morning his appetite for breakfast became that of a healthy man ; he digested this meal, as also the others in the day, easily and completely. He slept well all night, and next morning he began again, to use his own words, “ to throw up the bilge-water, wondering where it could all come from.” His power of exertion returned rapidly under the general treatment to which he was subjected, and after the fourteenth day, he could drink any quantity without the least inclination to reject it.

Now I ask whether, if this patient had been sickened with ipecacuanha, or his stomach cleared with warm water, he

could sit down, half an hour afterwards, with a merry face, and the appetite of a ploughman, to eat a hearty breakfast?

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*Stomach and Liver Complaint, with depressed mind and lethargy.*

Mr. ———, after great parliamentary fatigue, came here complaining of all the symptoms of indigestion that accompany disorder of the stomach, liver, and bowels: in addition to which, there was extreme depression of mind, and a general lethargic condition and indisposition to use mental or bodily exertion. He regretted his inability to join in and enjoy field sports, to which he was much attached.

After three weeks' treatment, I gave him permission to join a shooting party, on condition that he wore the wet compress and dry bandage on the stomach, and pursued some of the processes upon which he had already entered. A short time ago I heard that he was in robust health, and his complexion changed, that he still in some measure followed up my injunctions, and "could walk down the best man in the field." All this was done without a grain of physic, and before this it might be said that "Physic was his food."

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*Rheumatism.*

Colonel V— came into this neighbourhood for his September shooting, but, in a few days, was so severely attacked with

rheumatism in the lower part of the back, the groins, and legs, as to oblige him to give up all his sporting engagements, and lay himself up. The same thing had occurred to him in several previous years, and had confined him more or less during the winter. When I saw him he complained of great and incessant pain; and when he attempted to walk he was nearly bent double.

During the first fortnight that I treated him, the pain, though severe when present, became intermittent, and there were intervals when he could walk straight. Still there was every appearance of its being one of those obstinate cases, which usually baffle all treatment. He was a good patient, however, and stuck to the plan of treatment I laid down for him, with perseverance. Before five weeks from the commencement were over, all pain was gone, both in the trunk and limbs; and he was able to walk as well as ever. A few days ago I met him at a *battue chasse*, at Lord Beauchamp's, at Maddersfield, where he took his share with us in killing a great many pheasants; and although the day turned out very wet, he stood it out, laughing at the idea of a return of rheumatism. His general health and appearance also underwent a very marked change for the better; indeed, his health may be said to be perfect.

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*Tic Douloureux.*

Soon after settling in Malvern, I was sent for, at seven in the morning, to see the Rev. R. J——, who had arrived on the previous night from London to put himself under my care.



He told me that, for more than six years, he had suffered incessantly from violent tic, which had completely undermined his health. The tic affected more particularly the right leg and thigh, and on sundry occasions he had been laid up several weeks with intense accompanying erysipelas of the whole leg, reaching above the knee.

I found him in one of these attacks of tic and erysipelas, caused by the journey from London hither. He was in excruciating pain, and every minute grasped the leg with violence. His face was shrunk and sallow, and gave the expression of intense anguish. His tongue was as bad as it could be, and indicated internal disease of long standing. Altogether, his condition was one of great disorder: such as might well deter a medical man from promising any considerable amendment.

By the steady and vigorous application of the Water Cure, he was relieved from pain in twenty-four hours, and in a few days was out walking. The last attack he had had similar to this had laid him up for several weeks. In fact, he had been in that state for several years in London, that when he ventured out to an evening party, he was obliged to sit with a shawl thrown over his legs, as the least draft of air brought on the tic, both in the leg and different parts of the body.

For six weeks he had no return of tic, and he got into that condition that he could walk six miles before breakfast, and face all weathers. At the end of that time he talked of returning to London, but I told him he had full six or twelve months' work before him in following up the treatment, to ensure a *perfect* restoration of health, and a *complete* cure of the tic. Before returning home, he went to Worcester, not feeling very well at the time, and there he played some additional tricks

with himself, and among these, eating a quantity of oysters, without any other food, making them serve for his dinner. The very thing to bring on erysipelas. The next day the erysipelas appeared again on his legs, almost as bad as before; but it was subdued with greater facility than the first time, and in a few days he went to London. I have heard since that he is daily gaining ground, and now, after having been incapacitated for his calling for more than six years, is looking out for the means "of returning to his labours in the vineyard."

A few weeks ago, i. e. five months after the above was written, this patient sent a long and highly satisfactory letter, in which he speaks of himself as having permanently recovered.

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*Stomach, Liver, and Skin Disease, with Tic.\**

After living from six to seven years in hospitals and anatomical rooms, and not attending very particularly to eating and *drinking*, I established the first stage of a stomach complaint. This was confirmed by about the same period, spent in an extensive private practice in London, with the same want of attention to diet, &c. When I left London, my stomach would scarcely digest anything. I had tic douloureux, and a skin disease on both legs, which, by way of consolation, in the last consultation I had in London, a physician told me I might expect to see spread all over the body, for there was a slight appearance of it already in the skin under the whiskers.

\* The case of one of the authors, Dr. Wilson.

I spent about four years on the continent, passing the winters in Italy, and the summers in Germany—every year becoming worse. During the winter I wore two pairs of flannel drawers—ditto waistcoats—and a great coat—and was always on the look out for drafts and cold. For eighteen months before I went to Graefenberg, I had on an average rejected my dinner four times a week; but without sickness, and merely from its *weight*, and the malaise it caused. I tried the most approved systems of medicinal treatment—dieting, leeching, small blisters, lotions, and ointments of every description to the skin disease. I visited all the capital cities of Europe, and consulted the leading men in them, but without any benefit.

I was altogether fifteen months under treatment by the Water Cure, before the skin disease was completely removed—nine of these months very actively, at Graefenberg. When I left off the Water Cure, I was robust instead of a skeleton—my tic and skin disease were gone, and I had the appetite and digestion of a ploughman. Whilst in a crisis, the town of Friwaldau was on fire. I was out all night, wet, &c.: this brought on a violent fever. I treated myself with wet sheets, &c., and in a few days I was well. I had afterwards intense jaundice from the passage of gall stones, and I again felt the benign influence of the Water Cure. I have felt it since in being able to undergo labour that I was never before capable of, and I shall feel it to my last day as one of the greatest blessings that modern times has given to ailing man.

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*Stomach and Liver Disease, with Tic Douloureux—Cure arrested by falling in love, &c.*

A gentleman, about thirty-seven years of age, was advised to try the Water Cure by a learned physician at Cheltenham. He had been many years in India, where the climate, joined with the usual mode of living there, had produced the diseased states above mentioned. He had a completely withered look, the skin being deeply wrinkled, sallow, and without any appearance of blood; the liver was enlarged, with all the ordinary symptoms of long-standing indigestion: added to these, he suffered from severe tic. After going through a carefully graduated system of treatment for a few weeks, he was able to bear water at the coldest temperature. In six weeks his face was much fuller, with the tinge of health appearing upon it, as well as on the whole surface of the body. All the functions of the digestive organs were regularly performed, and his tic was gone. At this time he unfortunately fell in love; but, like all true love, its course did not run smooth. The lady was insensible, and would not listen to the last serious question. His nights now became restless, his appetite vanished, and the tic returned with violence. We advised him to leave Malvern, which he did *much dissatisfied* that water could not wash out a settled trouble from the brain and, in secret, a *little* vexed with himself.

REMARKS.—This is a very interesting and instructive case. There could not be a better illustration of what has been so much insisted upon, viz., that any absorbing or long-continued mental irritation is not compatible with a regular application of the Water Cure for a chronic disease. This includes the cares and anxieties of business, the pleasures and mode of living in towns, and the effects of spirituous or medi-

cinal matters; in fact, to continue it under such circumstances it is not without danger. In this case the same processes which ten days before produced an agreeable effect, were now insupportable. Similar cases will often occur: when they do, the ill-success is invariably laid on the treatment and the doctor, rather than on the patient's own folly. A number of illustrations more striking even than the preceding one might be given.

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*Rheumatism treated at the age of seventy.*

A gentleman, residing at Leamington, put himself under my care last summer. He had suffered a great many years with rheumatism, and had been treated by all the most noted practitioners with little or no benefit. During the last twenty years he had been forbidden to touch cold water. I found him in the following state: the hands, knees, and feet distorted and enlarged; the patella of each knee firmly fixed and immoveable; all the locomotion he was capable of, was a few yards on crutches. For the seven preceding winters he had not ventured out of his house, and he was carried up and down stairs. A few weeks after he had commenced the treatment by water, he was able to walk a considerable distance with one crutch, and shortly afterwards a stick was found a sufficient support, and he went out in all weathers without any disagreeable result. He left Malvern in the autumn, and has returned here to spend part of the summer. He has told me that during the winter he had taken a cold bath nearly every morning, and walked out every day. Many medical men were very angry with him, and a report was raised that he had fallen down in a fit coming out of church,

“ *the necessary and inevitable result of his morning ablutions!*”

His door was crowded with carriages to inquire his fate; so that he was obliged to go and walk about the town to quiet the tumult. In the midst of all this, a little liberality is so *very refreshing*, that I cannot resist recording, that Dr. Jephson, meeting this gentleman walking about the streets of Leamington, said to him, “ Well, I do not care how you got so well, or who made you so, I congratulate you on your great improvement.” He has not taken a grain or a drop of medicine for the last ten months.

REMARKS.—Here is another case where a patient at the advanced age of seventy years is put into a state of comparative ease and comfort, after having been crippled and suffering for years with one of the most intractable complaints. One would think “ *The Dangers of the Water Cure*” ought to have shown themselves in their most striking colours in such a case as this.

THE END.

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